



HOWNIIKAN

Mkogisos (February 2014)

People of the Fire

CPN Cultural Heritage Center celebrates eight years

The Citizen Potawatomi Nation Cultural Heritage Center has seen about 80,000 guests since the doors opened in January 2006. The Cultural Heritage Center employees focus on educating tribal members and exploring the history and collections items relevant to the Citizen Potawatomi Nation. Additionally, the staff offers language programs and cultural classes throughout the year.

“Our focus is to educate tribal members about our history and culture,” said Dr. Kelli Mosteller, CHC director. “It’s important because without places like this tribal members wouldn’t have anywhere to go and learn about their culture and history.”

CPN first started construction of the Cultural Heritage Center in early 2005 and held the dedication in January 2006. The format for the exhibits has changed from chronological storyboard approach with standalone

build a narrative to tell stories of these significant events. The immersion brings about an

on the museum floor is the product of one person’s work, it is a collaborative effort between the

from our ancestral home in the Great Lakes Region.

center.”

The staff at the Cultural Heritage Center will be adding exhibits on the history of Potawatomi in Kansas, Indian Territory and present day Oklahoma. These exhibits are scheduled to be complete by Festival 2015.



The entrance of the CHC as seen in mid-2005.

emotional attachment to these exhibits that makes it more real; it

curator, collections manager, auxiliary staff, and the community. Where possible the staff incorporates the art work and talents of tribal members. Items

“I think an important thing to remember is that this is a cultural center and not just a museum. This space needs to reflect on the past and be a changing, dynamic,



Construction began on the Cultural Heritage Center in 2005.

collection pieces to an approach that incorporates an immersive look at significant periods in Potawatomi history.

“We changed the exhibits to be immersive because we wanted to

leaves a more lasting impression,” added Mosteller.

Something that the Cultural Heritage Center incorporates into each exhibit is the Potawatomi tradition of pitching in. No exhibit



The CHC today.

used in the exhibits are largely crafted by tribal members, found on tribal property, or brought in

and living thing as well. We’re a strong and thriving tribe and that should be reflected in this cultural



To learn more about the display and CPN history, please visit the Cultural Heritage Center’s website at www.potawatomiheritage.org or visit www.potawatomi.org/culture. The CPN Cultural Heritage Center is located at 1899 S. Gordon Cooper Drive, Shawnee, OK 74801 and is open Tuesday-Friday (8a.m. - 5p.m.) and Saturday (10a.m. - 3p.m.). For further information, call (405) 878-5830.

CPN Housing Authority completes 16 units at Father Murphy Housing

The CPN Housing Authority has added 16 new houses to the Father Murphy Housing complex. The newly constructed houses are energy star compliant and bring the total number of units to 75.

“The construction of these homes will allow us to take care of our elderly tribal members,” said Scott George, CPN Housing Authority. “These homes are built to meet the highest standards and meet all of the energy star requirements. That means that utility bills will be more affordable for our elders who are living on fixed incomes.”

Construction on Father Murphy Housing began in 2010 and has added 20 units in 2011 and 16 units in 2013. The construction



Father Murphy Housing continues to grow as new units open.



The use of solar panels cuts energy costs in the housing units by a significant amount for tribal elders living there.

was funded by ARRA and NAHASDA funds.

The CPN Housing Authority provides low-income Citizen Potawatomi Nation tribal members and other low-income Native American people with the opportunity for decent, safe and sanitary housing while building stronger, healthier communities and promoting economic independence for our clientele. This includes tribal members in the CPN jurisdiction as well as outside the jurisdiction where tribal needs require our consideration.

For more information on CPN Housing Authority programs call (800) 880-9880 or visit <http://www.potawatomi.org/services/housing>.

Wintering Eagles of Oklahoma

The bald eagle is a migratory species. Those birds that nest in the Great Lakes states and adjacent areas in Canada fly south to find food for the winter, and many find their way to Oklahoma. Eagles begin arriving here in late November and December. Their numbers peak in January and February, and most birds have left for their northern breeding grounds by the end of March.

Oklahoma is an important wintering area for bald eagles, consistently ranking among the top 10 states for numbers of birds. Each winter thousands of eagles migrate south from their nesting range and take up residence wherever they encounter open water and plentiful food. Because of an abundance of lakes and rivers and milder winter temperatures, Oklahoma is especially attractive to these magnificent birds. During severe winters in the north, 800 to 1,500 eagles may gather here in the state. This winter season has been extremely harsh and we are seeing large numbers of eagles here at the aviary as well.

We have been able to count at least eight that frequent the aviary

and the river to the north. Some come in for close views of the eagles and roost in the nearby trees. In contrast to their territorial behavior during the breeding season, bald eagles become quite

a reliable food source, with the same trees traditionally used each year. Up to 200 birds have been known to use a single night roost in Oklahoma. Wintering birds often use different sites for

50 miles one way between its feeding area and its night roost, but most feeding areas are located near the roost. Bald eagles tend to feed early in the morning and may not feed every day. All of

eagles. They tend to concentrate below reservoir dams, especially where fish that have passed through hydropower turbines are injured or dying. The following areas have good spots for viewing eagles in the winter, and all have public-accessible lands. Check with local officials at these sites to be sure what areas are open to the public.

- Lake Eufaula
- Fort Gibson Reservoir
- Grand Lake (Twin Bridges State Park)
- Great Salt Plains National Wildlife Refuge
- Kaw Lake
- Robert S. Kerr Lake (Sequoyah NWR)
- Keystone Lake
- Wister Lake
- Arcadia Lake
- Lake Altus (Quartz Mountain State Park)
- Chickasaw National Recreation Area



A couple of the visitors to the aviary, some wintering eagles on their way south.

sociable in winter. They roost communally at night in trees near

feeding and nighttime roosts. A bird occasionally may travel up to

Oklahoma’s major rivers and reservoirs support wintering

Wadase update: February

Wadase Zhabwe continues to explore new territory on the North Canadian River. Since her release in April 2013 she has never ventured north of I-40, but on New Year’s Eve she did just that and rang in 2014 in a new place.

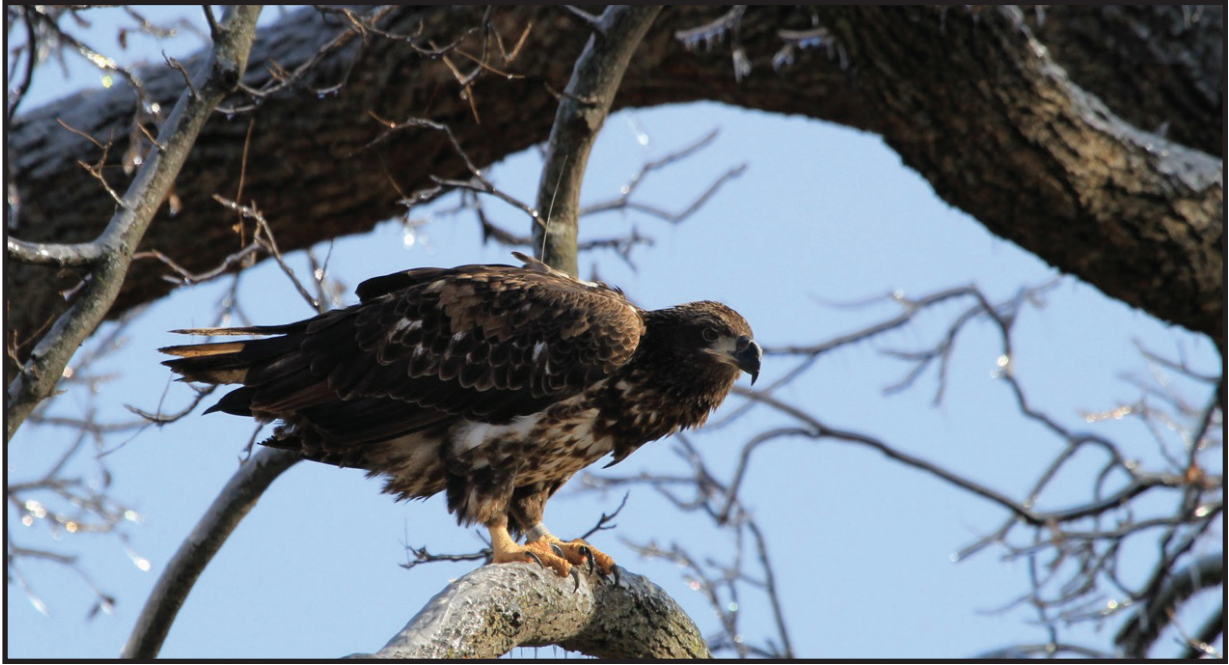
New Years Eve’s telemetry put her in the Dale River Bottom near the Grand Casino Hotel and Resort. The following week she visited several places along the North Canadian River between Dale and McLoud, ventured almost to Harrah, stopped at Wes Watkins Reservoir before venturing further northeast to Prague Lake. Little more than a week into 2014 she had crossed over I-40 almost a dozen times and had seen both sides of the county line from the East to the West.

We were relieved to see the telemetry data showing that when she does cross I-40 she is doing so at about 1,000 feet. She continues to frequent the aviary but when the weather is nice she is spending more and more time hunting along the river. She has made several visits to the aviary since the first of the year to simply visit. She spent an afternoon sitting atop the aviary’s metal feathers just content to be with the eagles she knows here and while we offered her lunch it appears she’s doing well enough on her own that she passed on the offer. She is

sustaining herself as her hunting skills improve and that is a great thing for us to see. She continues to make good decisions about the areas she frequents. Most are along the river area without a great deal of human intrusion.

Several times she has returned to the aviary and other eagles have not been far behind. We suspect many of her ventures away from the aviary may have been with other eagles as well. The New Year brought another first experience for us all.

During a recent visit, Wadase landed out in the open pasture after the local Red-Tailed Hawk had flushed her from her perch. As she was sitting on the ground, preening her feathers, the dozen turkeys that live around the aviary noticed her. They immediately dashed towards her and encircled her. The toms in the group proceeded to spur and flog at her. She was caught off guard at first and she was unsure of what was going on and when she realized this was not a friendly encounter she postured up with hackles raised and decided that turkey might be on the menu after all. We have seen this interaction several times now and she is well prepared for the turkeys after a few of these interactions and goes on the defensive well before the turkeys can surround her.



Surveying the turkeys in the pasture.



The turkeys realize their mistake.



Wadase on the watch.

We have not yet found anyone that works with eagles that has documented an interaction such as this one. The confrontations are brief but are scary knowing a well-placed spur could injure an eye or her wing. Although, it may be a rare occurrence here because it is a shared space for both

she is leaving and circle back around and dive towards the turkeys, sending them running every direction off into the pasture. She lands in a high perch looking very pleased with herself as the turkeys scramble back together and leave the pasture to her. While there are many

through the most difficult time in her young life. The New Year has already brought new experiences for Wadase and we look forward to the coming months as we wait for spring migration to see where she will make her summer home. We will continue to monitor her progress. For more information or



Wadase keeps watch on the aviary roof, where she is able to see the surrounding countryside, the eagles in the aviary itself, or in this case, the probing eye of the paparazzi.

species, it is quite the exchange. She has started to take flight when they come running and her favorite maneuver is to fly off as if

challenges that face young eagles in the wild, she continues to thrive. By leaving the “nest” here at the aviary, she has made it

to read previous updates please visit <http://www.potawatomi.org/about-wadase>.

Oregon’s Wildlife Safari names new cheetah cub after late CPN member

On January 1, 2014, Melot and Navarre-family descendent Carly Redheart got the call she had been hoping for. She learned that Wildlife Safari, based in Winston, Oregon would name one of their newborn cheetah cubs after her son, the late Donovan Huth.



Donovan Huth.

Donovan Huth passed away March 2013 in an automobile accident that also took the life of

his friend Sanford James III. In addition to his mother Carly, he left behind his daughter, Ariel Brawley.

Said Redheart, “Wildlife Safari is a place that my son and I both had visited in our lives, but we had never gone together. It’s such a great place but it is a great honor to have the name Donovan chosen.”

Following the birth of two male cheetahs on September 20, 2013, Wildlife Safari provided the public a unique opportunity to name each cub. Two contests were conducted from November through the end of December, one at a local mall and another for park patrons. After more than 1,000 ballots were cast, the names were chosen at random by the wildlife park’s employees.

“These were the only cubs born in the park in 2013,” said Carnivore Supervisor Sarah Roy, “so we are excited that they will have the names that are personal to our guests. These boys will grow up here and be a part of our nationally recognized cheetah breeding



Dapper and Donovan, the newborn cheetah cubs.

program, helping ensure the survival of their species.”

Redheart will be invited to a private meeting with the cub

before he goes on display to the public.

“It was a tough year since he passed away. When I got the call

telling me they’d chosen his name, it seemed like a sign to me that it is time to heal while remembering Donovan.”

The Judicial Branch of the Citizen Potawatomi Nation: The District Court

This is the first in a two part series on the Citizen Potawatomi Nation’s Judicial Branch. This edition will cover the lower District Court as designated by the tribe’s constitution.

Over the past year, high-profile cases involving Native American courts and their jurisdiction have made headlines across the United States. While tribal court cases make headlines, the power and jurisdiction of these legal entities continue be the subject of rumor and misconception.

The Native American tribal court system as it appears today began in the late nineteenth century, when the Department of the Interior allowed the establishment of Courts of Indian Offenses and Courts of Federal Regulations. Established in 1883, they were designed to handles less serious criminal and civil actions occurring between tribal members. In 1934, the Indian Reorganization Act granted tribes sovereignty to oversee their own internal judicial affairs which included the founding of tribal courts.

The Citizen Potawatomi Nation Tribal Court is comprised of three member District Court judges and seven member Supreme Court Justices. The Supreme Court is considered the highest judicial body in the branch, being the final arbiter in appeals and other matters, while District Court is the second highest court established by the CPN Tribal Constitution.

These courts are designed to

provide enforcement of tribal laws, equal justice to all and protection of tribal sovereignty. Initially functioning as the Court of Indian Offenses for west starting in 1978, today’s CPN District Court took on its current structure in 1985. Each year, its caseload has expanded to meet the needs of tribal members, employees, Native Americans from other tribes and non-Indian litigants.

The District Court hears both criminal and civil cases that fall within the Citizen Potawatomi Nation’s jurisdiction as established by U.S. federal law. In matters of juveniles, CPN’s District Court retains exclusive original jurisdiction on all matters affecting dependent and neglected youth who are enrolled or eligible for enrollment with a federally recognized tribe.

The court has also been empowered by recent legislative changes at the federal level. In March 2013, President Barack Obama signed reauthorization of the Violence Against Women Act. The reauthorization closed loopholes that previously left tribal courts unable to prosecute some perpetrators of domestic abuse. Prior to the signing, tribal courts were unable to hear cases involving non-tribal members accused of domestic violence even if they were married to a tribal member or lived in the tribe’s jurisdiction.

Overseeing the court’s day-to-day cases is Chief District Judge Philip Lujan. A native of Lawton, Okla. and a descendent of both

Taos-Pueblo and Kiowa tribes, Judge Lujan is a graduate of University of New Mexico Law School. He got his start in tribal law during the 1970s working with the Native American Law



Judge Phil Lujan oversees the day-to-day work of the CPN District Court.

Center, where he helped shape the tribal constitutions and by-laws.

To become a judge for the court, one must be an enrolled tribal member or their spouse. They can also be the parent or child of a tribal member, or simply reside in the jurisdiction of the tribe. They

must also be an attorney with five years experience practicing before the bar or be a Native American graduate of an American Bar Association accredited law school. They must be older than

are barred from hearing any cases they or their personal relations may have an interest in. Exceptions to this are only allowed if both parties involved in the case are made aware of the situation and agree to the judge hearing the case. Judges may be removed only by the legislature upon the recommendation of the CPN Supreme Court for cause, meaning any reason that could lead to disbarment by the American Bar Association or for a violation of the Canons of Judicial Ethics.

While its caseload is important, the court also assists tribal members in need of assistance with legal matters. Court prosecutors are available to provide general technical legal assistance to members of the Citizen Potawatomi Nation in matters related to child custody, divorce and guardianships. To get an appointment for these services, participants must request and complete an intake request with the court clerk. These services are only in advisory roles, though, prosecutors cannot provide representation in court. Citizen Potawatomi Nation’s Tribal Court also provides forms to assist pro se petitions for many civil actions like divorce and guardianships. For those who are so inclined, it also issues marriage licenses.

If you have any questions or concerns about the CPN Tribal Court, please <http://www.potawatomi.org/government/judicial> or call the Court Clerk at (405) 878-4844.

CPN’s Sammy Mitchell at home on the country music stage

With more than 2,000 employees the Citizen Potawatomi Nation has a host of talented individuals that help with the tribe’s day-to-day work. Whether they’re a local visual artist or a person who knows how to change that finicky oil filter on your old Dodge, tribal employees are staples of the local community. For those who are into the local country music scene, the name Sammy Mitchell may sound familiar.

At 31, he is known as Sam to his coworkers and close friends, but once he steps out of the office, he becomes Sammy Mitchell. The aspiring country music star bellows out those baritone country melodies with ease.

“Singing and playing was something that came naturally for me,” he explained. “I feel a passion inside of me while singing up on the stage.”

Like many musicians, his initial infatuation with music came from singing the Gospels. As a child,

Mitchell got his start at singing competitions within the church and at 15 he received his first guitar. A year later, his youth pastor at Downtown Pentecostal



Sammy Mitchell.

Holiness in Shawnee took him under his wing and taught him how to play.

“By the end of the year, I was

already better than him at playing,” said Mitchell.

The soft spoken singer served nine years in the Oklahoma Army National Guard. He attributes his

send me my guitar so I could play over it. It was mostly to just have fun and mess around on the guitar but quickly became highly requested on a weekly basis from fellow soldiers,” said Mitchell. “Those times are what gave me a great inspiration for the passion I have for playing.”

Mitchell has been a CPN employee for four years, and currently works in the Environmental & Roads Department as the Roads Planner.

“A lot of people say this, but the truth is that working for the tribe is great for me. They’ve always been supportive of my playing, this year they even invited me to play the employee Christmas party. A lot of employees and tribal members go to my Shawnee performances, and it means a lot to see them out there.”

He plays at local venues often, including the Wormy Dog Saloon in Oklahoma City and Grand Casino Hotel and Resort. Mitchell

has also performed at several of the state’s seasonal festivals like the Tres Suenos Wine Festival in Luther and the Blackberry Festival in McLoud.

Mitchell is currently recording demos with Meadowbrook Records in Shawnee, and the Bethel Acres-native has also been gaining notoriety in Nashville. Recently, the singer/songwriter has spoken with promoter Steve Bloch and Vice President of Black River Enterprises Doug Johnson in order to promote his music.

“Like everyone,” said Mitchell, “I would like to be able to write and perform my music full time. But working for the tribe is the best situation for me until that day comes, which I think it will. I wouldn’t change it for anything.”

If you would like to learn more about Sammy Mitchell’s music and upcoming performances, check out www.SammyMitchell.com and www.ReverbNation.com/sammymitchell.



Bozho,

There seems to be some confusion as to who can claim to be a veteran. Even some veterans

are uncertain. A veteran is any service member, U.S. Army, U.S. Navy, U.S. Air Force, U.S. Marine, U.S. Coast Guard, who

has completed his or her military service with an honorable or general discharge. This includes both peacetime and wartime. It also includes members of the Reserves and the National Guard who have served on active duty for 180 days during peacetime or 90 days during wartime.

For example, this service could have occurred during World War I, World War II, the Korean War, the Vietnam War, or now Iraq and Afghanistan. Being a veteran does not mean you have to have seen combat or even served in a combat zone.

With that being established, the CPN Veterans Organization is planning a banquet to honor CPN men and women who served in the armed forces during the Vietnam War (August 5, 1964 - May 7, 1975).

Tribal members who were in the military during that time, please contact the CPN Veterans Organization so we can schedule the Vietnam War Veterans Banquet. Please write to:

Commander CPN Veterans Organization

1601 South Gordon Cooper Drive
Shawnee, OK 74801-9002.

Migwetch!

Remember the CPN Veterans Organization meets every month on the fourth Tuesday at 6:00 p.m. (or as soon as you can get there) in the North Reunion Hall on the Potawatomi Powwow Grounds. All CPN veterans and their family are welcome

Daryl Talbot, Commander

Collections manager oversees history of Potawatomi veterans

Visitors to the Citizen Potawatomi Cultural Heritage Center have the opportunity to see two very distinct forms of history on display. In the east wing of the museum, displays and other historical items are on view showing the traditional homelands of the Potawatomi.

The west wing of the building is known as the Long Room. Adorning its walls are the photos of tribal members who have served in the military. Under those photos, some of which date back well into the nineteenth century, are uniforms and other memorabilia donated by CPN veterans that reflect their time in the service.

Helping archive and maintain this extensive assemblage is Stacy S. Coon, Veterans Wall of Honor Operating Specialist and Collections Manager. A member of the Ojibwe, Menominee and Onieda tribes, Coon is an OU graduate who has worked for the Citizen Potawatomi Nation for more than eight years.

She works closely with the tribe's veterans, including the CPN Veterans Organization, and encourages all members of the armed forces to submit photos.



Stacy Coon serves as the Collections Manager and Veterans Wall of Honor Operating Specialist at the CHC.

“What our members have done in serving in the military should

be honored, and I am just happy to help keep their service alive,”

said Coon. “I want to encourage anyone who is a vet to get in touch. This includes family

members of those who have walked on.”

If you would like to learn more about the Veterans Wall of Honor, please visit www.potawatomi.org/services/veterans.

If you are an enrolled member of the Citizen Potawatomi Nation and are a veteran or the family member of one who is a CPN tribal member, please send your name and tribal enrollment number, a copy of your discharge papers (DD214) (or current station), a digital or physical version of a 5“X7” or larger photo, and current address of the veteran or next-of-kin to:

Citizen Potawatomi Nation
Veterans Wall of Honor
1899 S. Gordon Cooper Dr.
Shawnee, OK 74801-8699



Uniforms belonging to CPN Vets, like this one of Jason Lee, USMC, can be viewed at the Cultural Heritage Center.



The uniform of Kathleen Kiker, US Army WAAC.

“Road to the National Championship” fitness contest a success

CPN Wellness Center fitness trainer Sarah Lawrence wanted to increase participation in the center's services to help employees and tribal members shed pounds and get lean. “The Road to the National Championship” contest was just what she was looking for. Consisting of eight, four person teams, the goal was to “travel” from Shawnee, Okla. to Glendale, Ariz. a distance of 1,040 miles. Participants had to get their goal by treadmill, stationary bike, or an elliptical machine. In a relay format, each member had to “travel” their share of 260 miles. The contest began in November 2013. Here are some of the thoughts of the participants as they near the finish line.

Angelique Williams - “This competition has literally changed my life! Although I’ve always been very competitive, so it took diving into something like this to really create a spark and desire to go to the gym. Also, having team members helps with accountability and Sarah does a tremendous job with keeping us motivated! Doing something long enough becomes a habit and I feel



Employees and tribal members “traveled” the distance to Glendale, Ariz. at the CPN Wellness Center.

that I’ve developed a new exercise habit. Most of my friends know the name I gave the arc trainer. ‘Mr. Arc’ will set you free not only physically but mentally as well. You should give him a try!”

Victor Cope- “2014 will begin my ninth year coming to the Wellness Center and I have entered every

contest throughout the years. I am a very competitive, slightly over-weight 61 year old Citizen Potawatomi tribal member. My trainer Sarah Lawrence used the contest The Road to the National Championship as preparation for my participation in the Oklahoma Memorial Half Marathon in April. The Wellness Center has

made this old man young again.”

Margaret Zientek - “I knew I had to go every day because my team members could out do me any day. It was very satisfying to be able to go for a fully hard 30 minutes on the arc. Those team text messages kept me laughing! It was very surprising to learn I was leading

our team. For me it, it helped me to be in a ‘competition’. I knew we would not be the lead team but I knew we could finish. My goal is to keep diabetes at bay. So, this is a friendly competition that has helped me with my health goals.”

Kasie Nichols - “When Margaret (Zientek) set the bar high for our team on day one, I knew I’d better bring it or I’d be held accountable by my other team members. I’m not going to lie, the goal seemed so daunting at first for someone like me who never puts that much effort into a workout. But to my surprise, I can see now that it’s actually attainable!”

Tesia Zientek - “Nobody on our team had been going to the gym regularly before this contest. Though we’re not one of the top contenders, we’ve been pretty consistent, and I’m proud of our progress. Overall, the contest gave us a good incentive to meet our team goal to finish the journey. Because I know that my team relies on me to get my miles in, I drag myself to the gym when I normally would not, and I’m starting to feel stronger and see physical results.”

Potawatomi Cornerstone

By Charles Clark, Director, CPN Tribal Rolls

Welcome to another edition of the Potawatomi Cornerstone. When I first started to write about current tribal members, I thought the only problem I would have is who to pick to do an article on from all of the requests. As it turns out the problem is the exact opposite. I would love to have to go through a pile of requests and maintain a regular monthly feature instead of having to fight tooth and nail for interesting stories that come out periodically.

Please get in touch! I know there is a never-ending list of tribal members out there that have something to share. I visit many of you around the country every year.



Browning with one of his classes in Dangriga, Belize.

For this issue, I would like to introduce Browning Neddeau, of the Neddeau ancestral family, a young tribal member living in California. I’ve known Browning for several years, meeting and speaking with him at the district meetings. Browning’s Potawatomi name is Pnashwa, meaning “Light breaking through the dawn”.

Like an increasing number of our tribal youth, Browning has also taken an extra step in educational excellence. His

academic record is notable. He received his BA in Child and Adolescent Development with a minor in Political Science at San Jose State University. After graduating, Browning attended the University of San Francisco where he received his Masters in Teaching where he went on to get his Doctoral of Education [Ed.D.] in Learning and Instruction.

During the course of his education, Browning served as Co-President of the Jewish Student Union, played trombone. He also participated in various voice, theater and dance performances in the community. At the time he was working on his Masters, Browning taught a fifth

Browning stated that Belize is a young country with 50 percent of the population being under 18 years of age. It is not uncommon to have eight to ten children per family household. He also pointed out that education is out of reach for most children, while all schools are private and religious based. There simply is no public school system in the country. Families must pay \$40 a year to send a child to elementary school and yearly tuition goes up to \$400 to send a teen to high school. Since Belize is a third-world nation, most of the population is poor. Those that are able to receive an education usually become teachers and community leaders. The status quo is maintained by government officials practicing nepotism and unfortunately, drug cartels. The politics of the government and cartels is one of silence, with Browning telling me that “No one says a thing...”Cross someone, and you disappear.

Browning received his Ed.D in 2013 when he completed his dissertation, “The Relations Among School Status Variable, Teacher Academic and Arts Curricular Emphases, and Student Academic Achievement in Grades 1, 3 and 5.”

His current work focuses on science, technology, engineering, arts, and mathematics [STEAM] in education. The work includes building partnerships with local, state, and national organizations, presenting at conferences, participating in professional conversations, and teaching.

I also wanted to add some family history to this article, specifically history from his mother’s side. Though it is not Potawatomi, the nature of the history is a shared history. It is one of exile, relocation, and genocide simply for the reason of being different.

Browning’s grandmother was

born Irmgard Salomon, a Jewish girl born in Berlin, Germany in 1921. After Hitler came to power and the passing of the Nuremberg Laws, a large number of the Jewish population began to flee to other countries. Unfortunately,



Some of the drum makers Browning befriended during his time in Belize.

many of them were faced with immigration roadblocks making it difficult to enter these countries.

There was, however, one destination that had no roadblocks: Shanghai, China. Regrettably, it had less to do with altruistic sentiment and more to do with the decentralized and colonial nature of the region. Though the Chinese government required the inspection of emigration papers before entry, it was not enforced making it an option of the last resort.

And a last resort it was. Jewish emigrants were forced to live in a one square mile area of the impoverished Honkou District of Japanese-occupied Shanghai. It was formally named the Restricted Sector for Stateless Refugees, but everyone called it the Shanghai ghetto. Local authorities were unprepared for

the number of refugees and as a result those living in the area were faced with harsh conditions. It included starvation, usually ten people to a room, disease, no sanitation, and little work. It was a far cry from the luxurious

three week trip they took by train to Genoa then by luxury liners to China with plenty of food and entertainment along the way, only to succumb to a nightmare; a nightmare that lasted eight years for Irmgard.

After Irmgard was released from the camp, she met her future husband Robert Clark, an American who at the age of 16, ran away from home and lied about his age to enlist in the Navy. They were married by Admiral Nimitz, Commander-in-Chief for the Pacific Fleet.

What does being Potawatomi mean to Browning? It means to preserve our heritage and family history, culture and identity through pow-wow dancing, and teaching the realities of cultural awareness. He remarked that what a number of children are taught about Native Americans is superficial in nature.

Language with Justin

By Justin Neely, Director, CPN Language Department

Well, it’s a New Year and a great time to start learning the Potawatomi Language. Our stories, songs, ceremonies, dress, dance and language make us Potawatomi. Specifically, it’s our language that ties everything together. We have a number of class opportunities as the New Year begins. Why not take this time to learn a little of your language so that you can pass it on to your kids and then to your grandchildren? Our language is at a critical point and it is our generation’s time to do something about it. What are you going to say to your grandchild when in 30 years they tell you “I want to learn my language and tribe’s ways.”

Will you tell them you stood idly by while our language and way of life disappeared? There are less than 10 first language speakers of Potawatomi anywhere in the world with an average age of 79. We have little time to change the future. What are you going to do?

We have onsite classes in Shawnee, Okla. and online classes. We also have recordings, manuals, and a dictionary online at www.potawatomi.org and www.potawatomiheritage.org. I can hear some of you now telling yourselves, “but I’m too old,” “I’m not good with languages,” or that you’re just too busy.

It makes me think of the saying a journey of a thousand miles

starts with the first step. You will never regret taking that step and learning some of your language. It doesn’t matter if you think you can or not. Even if you learn a couple of phrases you can use with your family, you are doing your part. Don’t cut yourself short. You can learn your language if you want.

Our onsite classes are Mondays from 5-6 p.m. and Thursdays from 3:30-5 p.m.at the CPN Cultural Heritage Center. Our online classes are Tuesday evenings, the first starts at 7:00 p.m. Central Standard Time while the second begins at 8:20 p.m. This allow folks anywhere in the country to join in. To sign in, please go to www.instantpresenter.com/potawatomi3.

On February 20, we will hold our annual Winter Storytelling Festival at the Cultural Heritage Center from 6-8 p.m. Come out and learn some of our traditional stories. Many of them, especially those involving Wiske or Nanabozho, are only to be told in the Winter. Both this and last month’s Hownikan had winter stories created by the Language Department.

Occasionally we get folks who ask about how to get a Potawatomi name. Once you have been named, if you feel comfortable performing the ceremony, we can assist you with choosing names once you

know what you want to name your relation. In the old days it was often the oldest member of a family or an elder in the community who would name a person. The most important thing is that if someone wants you to

or a year to come up with the correct name to give that person.

We have been updating our already impressive 5,000 word dictionary by adding sound files, example sentences



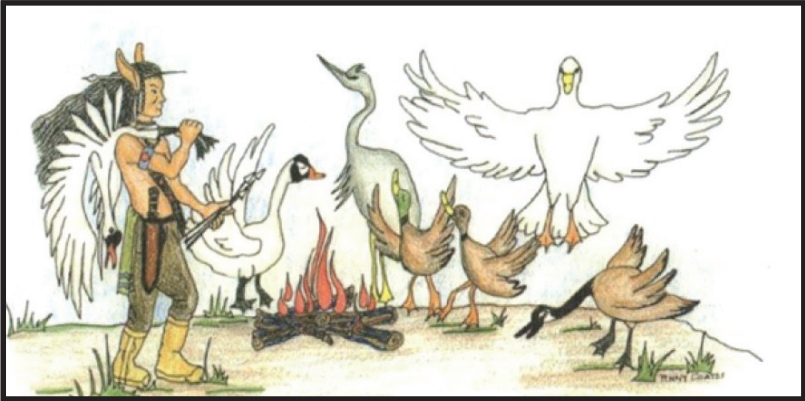
Naming ceremonies take place all year round, though a great time to give or receive a name is during the Family Festival like this one I participated in with Vice Chairman Capps and Chairman Barrett.

name them, they must offer you tobacco. You should then take that tobacco and pray with it until you know what name to give them. Time is unimportant if you want to do it right. It might take a month, three months, six months,

and categorizing words. By categorizing the words a person can get a list of trees, mammals, different types of verbs and even words which have similar endings. We hope this new feature will make the upcoming

edition of the dictionary even more functional and useful for those using it. One category we have in the upcoming dictionary is common words/ phrases, some of which you can find below.

- Anet- Some (ah nit)
- Ayanet- Some of each (ay ah nit)
- Cho- No (Choe)
- Cho ngoji- Nowhere (Chone go gee)
- Gaga- Soon (Gah gah)
- Dokem- Be quiet (Doe kum)
- Gnebech- Perhaps/ Maybe (Gne bitch)
- Kyenep- Hurry (Kay nup)
- Migwetch- Thanks (Mee gwehch)
- Igwien- Thanks (heartfelt) (EE gwee in)
- Nasena- Be careful (nah sin ah)
- Ngoji- S omewhere (Ngo gee)
- Shkena- Geez! Dang! (shkay nah)
- Nekshe- Look (at something/someone) (Nuk shay)
- Shode- Here (show duh)
- Pene- Always (Pin ay)



Language Department to host 2014 Winter Storytelling Festival on February 20

The annual Potawatomi Winter Storytelling Festival is here again! Come join your fellow Potawatomi, both young and old, for that special time of year where we share our traditional stories. If you like Wiske or Nanabozho, then this is the event for you. So come out to the CPN Cultural Heritage Center on February 20 and share our culture.

Vaccinations are vital for individual and community health

By Dr. Fausat Adediji, Pediatrician at CPN Health Services



During my day-to-day practice as a pediatrician, the issue of immunizations comes up quite often. This topic is of interest particularly now due to a growing demographic of parents and guardians who refuse to immunize their children. As a result of this, outbreaks of once-controlled diseases like measles and whooping cough continue to make headlines around the country.

Vaccinations are one of the greatest triumphs of science and have saved the lives of millions. Immunizations are a big part of why the average American lives 30 years longer than they would have in 1900. They are the reason why scourges like paralysis from polio, pneumonia, death from chicken pox, blindness and deafness from bacterial meningitis are largely unheard of today. Prior to the advent of the chicken pox vaccine, thousands were hospitalized and several died from chicken pox. Yet since the United States started using the vaccine in 1995, the number of hospitalizations and deaths from chicken pox has gone down more than 90 percent.

Among other things, frequent concerns expressed by parents that make them weary of immunizations include the argument that there is a link

between vaccines and autism. This idea was first proposed in a 1998 medical journal *The Lancet* by Andrew Wakefield, a former British surgeon and medical researcher.

However, *The Lancet* later disavowed his paper after it was found to be based on fraudulent research. As a consequence, he eventually lost his medical license. There has been extensive review of the medical literature which has concluded that few health problems are caused by or clearly associated with vaccines. Yet many people wrongly cite this fraudulent study when justifying not getting their children vaccinated.

There is also a popular argument that raises concerns about vaccines containing mercury, which many know as an environmental toxin. This belief is based on the presence of a substance, called Thimerosal, which was used in the past manufacturing of vaccines. It should be noted that the form of mercury in Thimerosal is ethyl mercury which does not accumulate in the body. Additionally, the amounts of the agent in question are miniscule. To put it in perspective to everyday life, the amount that was contained in vaccines is nothing in comparison to the range of what is ingested with some forms of fish. While this still makes some cautious, it should be noted that since 2001, with the exception of some influenza (flu) vaccines, thimerosal is not used as a preservative in routinely recommended childhood vaccines, while the incidence of Autism has only risen since then, showing there is no link between the two.

Another concern I hear often is about vaccines causing the diseases they are supposed to prevent, specifically, the influenza vaccine is frequently

refused for this reason. While some symptoms of an acute illness can occur following the administration of any vaccine, these should not necessarily be construed negatively. These symptoms are frequently signs that the vaccine is “priming your immune system”, like a fire drill prepares you for what to do in the event of an actual fire. While they may be unpleasant, they are not in the scale of the actual disease if it was acquired in the environment.

It is true that vaccines are not 100 percent effective, just as there is no medical intervention that has 100 percent effectiveness. If someone contracts a disease that they have been vaccinated for isn’t a testament that vaccines do not work. Anyone can inhale or touch germs, but the most severe complications of vaccine-preventable diseases almost exclusively occur in people who are unvaccinated. For instance, seizures, pneumonia and death from pertussis is more common among infants too young to have the vaccine.

This brings us to the concept of getting yourself and your children vaccinated as a social responsibility. Just like driving drunk or smoking in public places, your decision on whether to vaccinate affects not only you, but the community at large.

There are those amongst us who have medical conditions for which their immune systems are chronically weak. Organ transplant recipients, cancer patients and infants cannot receive some immunizations and are highly susceptible to the diseases that they are designed to protect. That means the responsibility is with the rest of us to get immunized to give some protection to those individuals from these potentially fatal diseases. This idea is called herd immunity.

To give a practical example, let’s discuss the Congenital Rubella Syndrome (CRS). CRS, or Rubella, can cause problems for the unborn children of pregnant women if mothers contract it during the early stages of pregnancy. Complications

potential lifelong hardship of a vaccine-preventable disease.

While it is true that some vaccine preventable diseases are exceedingly rare these days, it remains vital that we continue to vaccinate our children against them. The diphtheria outbreak in



Extensive review of the medical literature has concluded that few health problems are caused by or clearly associated with vaccines.

from CRS include miscarriage, stillbirth, premature delivery, and birth defects like deafness, cataracts, and heart defects. Babies who do survive may have mental retardation. From 1962 through 1965, in the United States, rubella caused about 11,250 deaths of unborn babies and 2,100 deaths of newborns. Approximately, 20,000 babies were born with CRS. Of these babies, 8,000 were deaf, 3,600 were deaf-blind, and 1,800 were mentally challenged.

Though young children who get Rubella might have mild symptoms for a few days, the effects on the unborn child can be devastating and life altering if they pass the disease on to a pregnant mother. We owe it to each other to protect those unborn children from the

the former Soviet Union during the 1990s showed what could happen if we did not have such a steady, high vaccination rate. If we stopped vaccinating, then just one unvaccinated U.S. resident traveling abroad and coming home infected could cause an epidemic.

At the end of the day, the onus lies on each parent to make the best decisions for their children to the best of their ability. It is my job, as a trained medical professional, to present parents with the facts as we have them today in order to equip them to make the best informed decision possible. In this day and age, the fact is that the overwhelming verdict of objective science is that the benefits of vaccination far outweigh any potential risks.

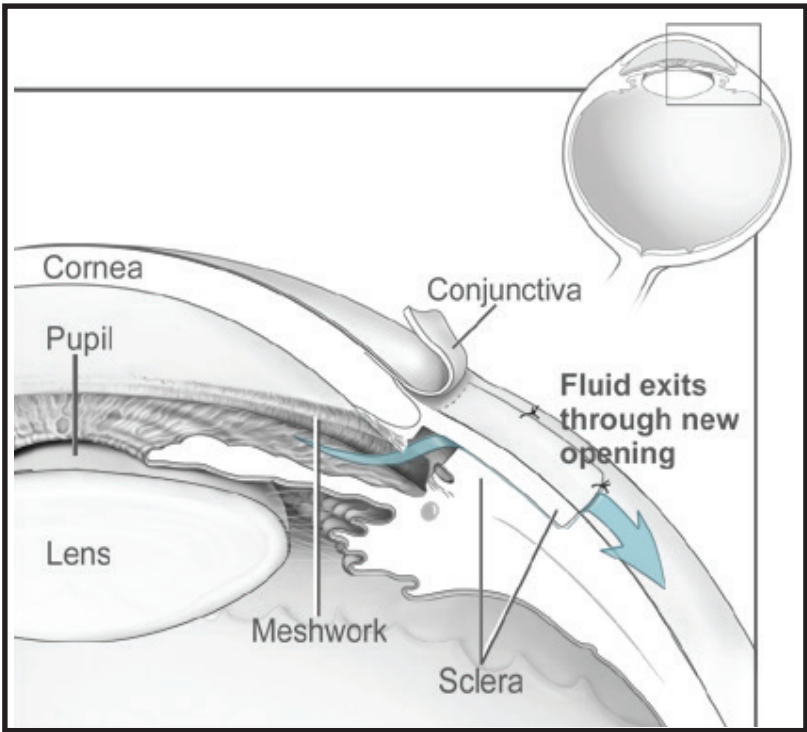
Don’t let glaucoma take your sight away

By the National Eye Institute

The best years are yet to come. With more free time, you can set your sights on wonderful places to go and people to see. Just make sure you keep an eye on glaucoma.

Glaucoma is a group of diseases that damages the eye’s optic nerve, which carries visual signals to the brain. It can lead to vision loss or blindness if left untreated. Primary open-angle glaucoma is the most common form of this disease and often has no symptoms in its early stages. Quite frequently, by the time people are diagnosed with glaucoma, they’ve already begun to notice changes in their side, or peripheral, vision.

While anyone can get glaucoma, people at higher risk for glaucoma



include African Americans age 40 and older; everyone over age 60, especially Mexican Americans; and those with a family history of the disease.

“Studies show that at least half of all persons with glaucoma don’t know they have this potentially blinding eye disease,” said National Eye Institute (NEI) director Dr. Paul Sieving. “The good news is that glaucoma can be detected in its early stages through a comprehensive dilated eye exam.”

A comprehensive dilated eye exam is a procedure in which an eye care professional places drops in your eyes to dilate (or widen) the pupil to examine the back of your eyes and check the optic nerve for signs of disease.

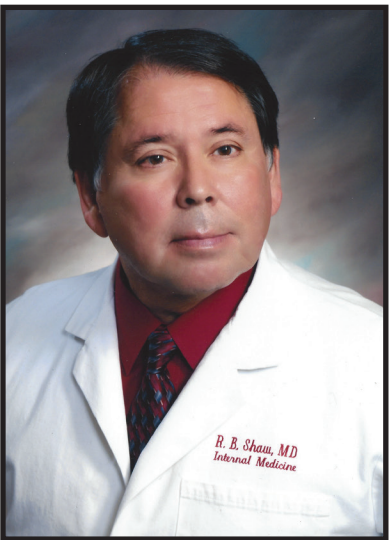
This exam may help save your sight because when glaucoma is detected early, it can be controlled through medications or surgery. If you are at higher risk, make sure you get a comprehensive dilated eye exam every 1 to 2 years and encourage family members to do so as well.

So wherever life takes you, keep vision in your future. Don’t wait until you notice problems with your vision to see an eye care professional. A low-cost exam may be available to you through Medicare. For more information, call 1-800-MEDICARE or visit www.medicare.gov.

For additional information about glaucoma, visit www.nei.nih.gov/glaucoma or call NEI at 301-496-5248.

Preventing Diabetes vital for Native American health

By Ronald Shaw, MD – Medical Director of CPN Health Services



How do I know if I have diabetes? There are two primary blood tests that are used, the fasting blood sugar (FBS) and the hemoglobin A1C. Glucose tolerance tests are seldom used nowadays. A fasting blood sugar greater than 126 and an A1C level of 6.5 are both consistent with diabetes but require repeat testing to confirm

the diagnosis. There exists a diagnostic category called “pre-diabetes” that refers to those patients who exhibit abnormally elevated blood sugars (FBS 107-125 and A1C 5.7-6.4) but levels not high enough to qualify for the diagnosis of diabetes. More than 30 percent of these patients with pre-diabetes will progress on to develop “full-blown diabetes”. Therefore, if you are advised by your healthcare provider that you have pre-diabetes (older term is borderline diabetes) then the time to take action is right away. Medication such as metformin has been proven to reduce the risk of progressing on to diabetes particularly if you are < 60 years old, are obese or have had pregnancy related diabetes.

There is an elevated risk for Indians to develop Type 2 Diabetes. Most are aware of this fact but may not be aware of

how to reduce one’s risk. Major risk factors include American Indian ancestry, obesity, history of pregnancy related diabetes and family history of others (particularly close family) with diabetes (adult-onset). Being sedentary as opposed to engaging in regular exercise poses an increased risk as well. Changing an unhealthy diet and engaging in regular exercise are two of the most effective measures one can take to prevent diabetes.

The amount of weight to lose is generally 5-7 percent of your total body weight to make an impact on your blood sugar or risk of developing abnormal blood sugar metabolism. Therefore if you weighed 220 pounds, then losing 11-15 pounds would be your target weight loss to gain a substantial lowering of your risk. For many people, paying attention to portion size

at mealtime is effective strategy and leads to a total reduction in daily calories consumed.

How much exercise?

Generally, 150 minutes per week is considered ideal (30 minutes per day) and would also be associated with reduced risk of developing diabetes. This level of exercise need not be performed at the gym, many activities consisting of moderate intensity exercise can be found at home. Brisk walking, playing basketball, walking the golf course, raking leaves, gardening, dancing or mowing the lawn would all count towards this total exercise time. The benefit of exercise on sugar metabolism will occur even without associated weight loss. Time spent performing activities at work would not be counted towards the total. It will take some commitment but this level

of physical activity does not come in a pill bottle and requires a commitment to being healthy on the part of the patient. While you are taking the time to get healthy, your family sees your commitment and the notion of exercise as being a part of one’s life may become motivating to others like your children.

In summary, consult with your provider to see if you have or should be checked for diabetes or pre-diabetes. Start eating healthier and engaging in daily exercise and begin medication if indicated. The longer you can forestall the onset of diabetes the less your risk of diabetic complications including retinopathy (eyes/blindness), neuropathy (peripheral nerves/painful feet) and nephropathy (kidneys/dialysis) and even return one’s body to that of normal sugar metabolism.

FireLake Entertainment Center GM looks back on 22 years of service

Linda Canada was 19 years old when she moved from Quitaque, Texas to Shawnee, Okla. with her immediate family. Her familiarity with the Citizen Potawatomi Nation began when Canada was playing at the old bingo hall, before the tribe ever owned a casino. She picked up an application during one visit and the rest is history.

It was 1992 when Canada started working at the bingo hall now known as the FireLake Entertainment Center. She had seen a ring at a local jewelry store and started to work at The Bistro restaurant inside the bingo hall to make money to buy the precious gift.

“I thought I’d work here until I could afford the ring and then I’d find something else to do,” recalled Canada.

More than 22 years after first



Linda Canada.

eying that ring, Canada is the general manager of FireLake Entertainment Center and manages every position she once held.

Whether it was working at The Bistro, the cashiers’ cage,

auditing or as a slot tech. If there was, is, or will be a position at FireLake Entertainment Center, Canada has done it all. When asked about having a degree or going to college Canada replied, “FireLake is my degree.”

The way Canada talks about working at FireLake you can sense the way she feels about it. As far as supervisors go, she’s been in all of her employees shoes and understands the gaming community.

“After working here for so long, I feel like this is my family,” she said. “I just can’t see myself working anywhere else.”

Chad Mathews, the marketing manager at FireLake Entertainment Center, has been Canada’s colleague for several years.

“Linda is absolutely fantastic to work with,” said Mathews. “She has a great spirit about her and is one of the best in the business at what she does.”

Canada attributes the great experience that customers have at FireLake to the casino’s

managers and employees. As a manager, she relates well with those working under her direction, a tribute to more than two decades in a casino. Though things may be stressful, Canada knows that sometimes, despite everyone’s best efforts, things don’t always go as planned.

Attesting to her humble kind spirit, when asked what it is like working in the gaming community for so long, Canada replied “at FireLake we have a “Cheers” kind of vibe, ‘where everyone knows your name’. Working here is like the Hotel California, you can check out anytime you like, but you can never leave.”

When it comes to the future Canada says she is excited about what’s happening at CPN.

PLP alum Roselius giving back to CPN Health Services

Since 2003, dozens of young tribal members have participated in the Potawatomi Leadership Program (PLP) as they mature into young adults and start making decisions for their future. Coming from across the country, college-age Potawatomi travel to CPN each summer for the PLP internship program, which provides workplace experience and knowledge for their college and future careers. Austen Roselius, alum of the 2011 program, has been interning for the CPN Health Clinic as a way to give back to his tribe.

The 2011 valedictorian of Carl Albert High School in Midwest City, Okla., Roselius is a member of the Vieux family. The junior at the University of Oklahoma gets away from campus life every Friday to lend a hand at the South Clinic as an intern.

“While I’m here I do a little bit of everything. I help out with whatever needs done,” explained

Roselius. “I review medical records, convert physical charts to electronic ones and contact patients who need to be brought up to date on screens.”

Roselius is studying Microbiology at OU and is a recipient of an Indian Health Services Scholarship, which provides a full paid undergraduate degree. It will also pay back all of medical or graduate school fees the recipient accrues if they fulfill a service obligation following their graduation. Roselius is studying to take the MCAT in March and plans on going to Medical School in the fall of 2015.

On top of going to school and interning, Roselius is a counselor for the Potawatomi Leadership program. He lived at the Sharp House during the summer of 2013 with the PLP students and staff. He is passionate about the program and encourages CPN tribal members who are planning



Austen Roselius.

on going to college right out of high school to apply.

“Every year we’ve had it, there have been improvements made. We’ve seen the PLP participants respond well to the changes

and grow due to them. The program right now is at its peak,” explained Roselius. “We really have a good team and want native kids to come, spend the summer, and learn how to be good leaders and give back to their tribe. It’s a

great opportunity to come grow as a person, as a student, and maybe eventually use the skills to come back and help our own people.”

Roselius says that his ultimate goal is to give back to CPN and contribute to the success here.

“We don’t have it yet, but I’d really like to see CPN have a hospital on tribal grounds,” said Roselius. “I would love to be an outpatient surgeon here, to give back and continue to be a part of my community. With the amount of referrals we have here for surgeries to other hospitals, it’s something that I can see the tribe having in the future.”

If you would like to learn more information on the Potawatomi Leadership Program, an application can be found at www.potawatomi.org/services/education.

CPN PD honored by Tecumseh Police Department

Citizen Potawatomi Nation’s Tribal Police Department received a unique honor when City of Tecumseh Police Chief Gary Crosby presented CPN Police Chief Jim Collard with a plaque thanking the tribal police for their cooperation and support with law enforcement. Tecumseh’s Assistant Chief of Police J.R. Kidney also attended the gathering at the CPN North Reunion Hall.

“We wanted to thank them for going above and beyond in our current partnership. They are always there when we need anything,” said Kidney. “They are an excellent partner, whether they’re a radio call away when our guys are out on patrol, or when we have to have extra cover when we at Tecumseh P.D. have administrative meetings.”

CPNPD and Tecumseh are cross commissioned police

departments, meaning officers from both are able to work in

each other’s jurisdictions. The two departments work closely

given the tribe’s jurisdiction throughout large sections of Pottawatomie County.



Police Chief Gary Crosby presents Chief Collard and the tribal police with a plaque thanking them for their partnership.

“It is always special to be honored as police officers,” said CPN Police Chief Jim Collard. “But it is incredibly meaningful to be honored by a fellow department like the Tecumseh P.D. Above all, they know what it is like running towards the sound of danger when everyone else is going the opposite direction. To us, their recognition is the highest praise we could receive.”

The Citizen Potawatomi Nation Police Department was founded more than two decades ago to protect tribal assets and employees, increase public safety and enhance the general well-being of the community.

CPN Community Development Corporation assists Native American-owned Mustang LLC

Family man Devron Ross is trying to build something for his family and community.

Ross began his career 25 years ago at companies owned by others as a federal mechanic contractor specializing in HVAC, plumbing, process piping, medical gas and hydronic systems.



Mustang Group LLC’s Devron Ross and his son Austin.

After more than two decades working for others, Ross decided to set out on his own and founded Mustang Group LLC. Centrally located in Oklahoma City, the firm serves the numerous federal facilities located in the state. Mustang Group LLC’s largest project is worth more than \$925,000.

Under Ross’ leadership, Mustang LLC has increased its growth by 314 percent, an impressive figure given the sluggish global economy. Despite this though, Mustang Group LLC has faced tough times.

“The economy has increased my competitors as private projects were slow,” said Ross. “Many of them have moved to federal contracts, therefore our profit margins have decreased.”

With this in mind, Ross came

across an article in the *Hownikan* about the Citizen Potawatomi Nation Community Development Corporation (CPCDC). Partially funded by a Treasury Department grant, the CPCDC’s aim is to promote community development and job creation through business counseling and funding for Native American-owned enterprises in Oklahoma and across the country. As one of the largest Native American Community Development Financial Institutions in the country, the CPCDC lends money to Native American owned business regardless of tribal affiliation in Okla.

“My business would absolutely not exist today without the Community Development Corporation,” said Ross. “(Senior Commercial Lender) Bob Crothers was and still is one of the three people I

consult concerning financial decisions. Felecia Freeman, our commercial loan associate is a wizard with improving your credit history, and Shane Jett is the best cheerleader I’ve ever known as an executive director. Everyone in CPN should call our CDC first if they have a business idea they are passionate about, of any kind or size.”

For those outside of the state, the CPCDC will also assess and fund business loans, though that funding is solely for CPN tribal members. The CPN CDC provides Native American business owners with access to funding opportunities, but also strategic counseling to ensure the firm has a sustainable and profitable business plan. It has helped a number of firms; both based in Oklahoma and throughout the country develop their business models, regardless

of sector.

“They are lenient, inspirational and supportive,” said Ross, “and continue to help and advise you after you start up. In my experience, the CDC is both inspirational and patient, which is helpful to a new business owner.”

Mustang Group LLC’s success at navigating an increasingly competitive sector with the help of the CPCDC goes to show that starting your own business is possible. If you would like to learn more about the Citizen Potawatomi Community Development Corporation, please visit www.cpcdc.org. If you are interested in speaking with someone directly, please send an email to info@cpcdc.org or call 405-878-4697.

University of Oklahoma revives Native American curriculum through Janux

The University of Oklahoma has announced it is offering Native Peoples of Oklahoma, a course on the cultural traditions and current conditions of the Native American tribes who reside in Okla. The course will be offered at no cost this spring semester to anyone with Internet access through Janux, an online interactive learning community at OU.

“Native Peoples of Oklahoma was once a highly sought after and highly attended course at OU,” said Dr. Daniel Swan, a professor of anthropology at OU and curator of ethnology at the Sam Noble Oklahoma Museum of Natural History. “This semester, we’re reviving it and offering it to anyone who’s interested in American Indian culture. We think we have created the best course overview of Oklahoma American Indians available by bringing in our most renowned faculty experts and resources in the field.”

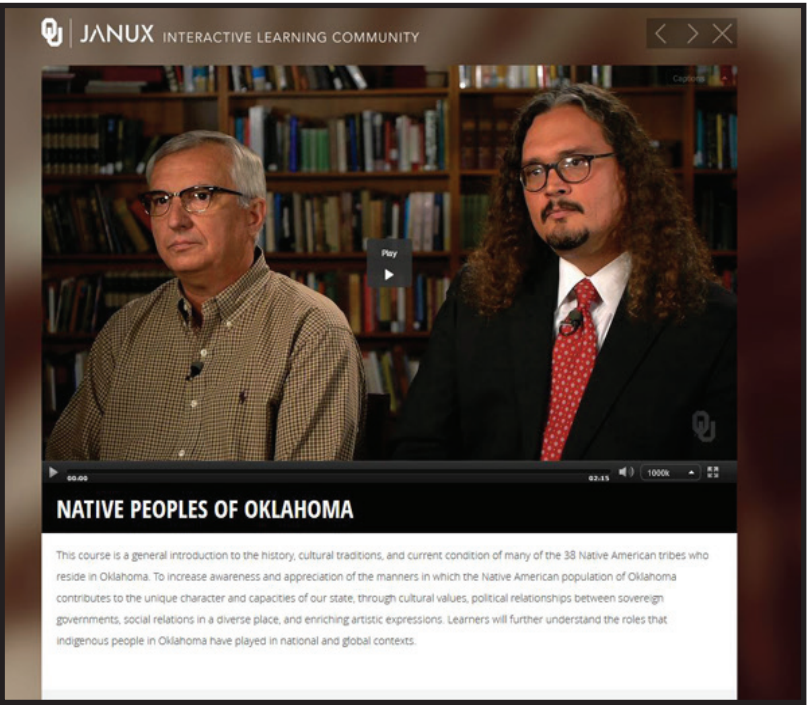
Originally, the course was taught for more than a decade by Dr. Robert Fields, a member of the Pawnee Nation and a professor of anthropology, until his retirement. Now, Swan and Dr. Joshua Nelson, a citizen of the Cherokee Nation and assistant professor of English focusing on American Indian literature and film, said they feel there is no better time than now to see this course make a comeback.

“With a population of more than 300,000 Native Americans from 37 different tribes, Oklahoma is home to more American Indian tribal headquarters than any other state,” Swan said. “More than 8 percent of Oklahoma’s population is of American Indian or Alaska Native descent, so to offer this course helps further education and awareness for Oklahoma’s Native American tribes.”

With Swan and Nelson as professors, students will have access to the Sam Noble Oklahoma Museum of Natural History, the largest university-affiliated museum of its kind in the nation with the largest collection of Native American language curriculum and teaching materials in the world.

“These resources give students access to the best possible information and knowledge on these subjects,” Nelson said. “More Native American languages are taught for college credit at OU than any other university in the world, and OU is ranked among the preeminent institutions in the nation for the study of American Indian literature. Now, through Janux, we’re able to see this course offered to anyone in the world.”

Janux, along with OU’s Native American faculty and resources, is reintroducing the course and opening it up to students anywhere. Now, students can



Dr. Swan and Dr. Nelson will be teaching the Native Peoples of Oklahoma course.

learn about Oklahoma’s deep Native American roots and also learn the roles that indigenous people in Oklahoma have played in national and global contexts. The 16-week course begins Jan. 13. For more information, visit <http://janux.ou.edu>.

Janux is a new interactive learning community created by the University of Oklahoma. It connects learners and teachers through high-quality courses. Built in partnership with Oklahoma technology leader NextThought, Janux pioneers the field of social learning and

is the first of its kind in open courseware. Students are able to use interactive learning tools and collaborate with other students and professors in real time. Videos, tests, quizzes and other learning resources are integrated in on online space. For more information, visit Janux.OU.edu.

NextThought is a technology company that offers an integrated approach to education. NextThought’s platform enables rich social interaction inside courseware and educational materials, including videos, assessment

and text. The company also provides video production and content development services. Founded in 2011, NextThought works with a number of leading universities and professional education organizations around the world. For more information, visit www.NextThought.com.

Created by the Oklahoma Territorial Legislature in 1890, the University of Oklahoma is a doctoral degree-granting research university serving the educational, cultural, economic and health-care needs of the state, region and nation. The Norman campus serves as home to all of the university’s academic programs except health-related fields. The OU Health Sciences Center, which is located in Oklahoma City, is one of only four comprehensive academic health centers in the nation with seven professional colleges. Both the Norman and Health Sciences Center colleges offer programs at the Schusterman Center, the site of OU-Tulsa. OU enrolls more than 31,000 students, has more than 2,600 full-time faculty members, and has 20 colleges offering 165 majors at the baccalaureate level, 157 majors at the master’s level, 80 majors at the doctoral level, 29 majors at the doctoral professional level, and 28 graduate certificates. The university’s annual operating budget is \$1.7 billion. The University of Oklahoma is an equal opportunity institution.

Getting prepared for cold weather exercises

By Sarah Lawerance, Fitness Trainer, CPN Wellness Center

While the weather is all about polar vortexes and ice storms, those New Year resolutions aren’t going to get themselves accomplished if you wait for warmer temperatures. So while the weather may be cold, many of you will layer up and head outside. For those hardy few, here are some tips for exercising outside in cold weather. First and foremost, stay hydrated!

1. You can still sweat just as much (especially if you are bundled up). Try to put your drinking water underneath layers to keep it from freezing.

2. Having gloves and water wicking socks are key components to staying warm in the cold. Running becomes much more difficult when you can’t feel your feet.

3. Stable, safe footing should be a high priority when planning a winter running/walking route. So for those of you with those “lucky” pair of running shoes that have long since been rubbed smooth, it may be time to look for some new footwear before potentially stepping on ice and snow.

4. Scout out a loop in your neighborhood that you can repeat as many times as you want. That way if you become tired, slip on ice, or get wet, you will be close to home and can quickly escape the elements. Remember, no one is sending the sled dogs if you get too far out.

5. When heading into cold weather, give your body time to adjust to the conditions by taking 30 second breaks every few

minutes for the first ten minutes.

- To avoid getting too chilled during your cool down, keep if



Pulling a muscle is painful, but having to walk home in the cold with a pulled muscle is worse.

brief. Slow your pace for three to four minutes, then go inside to stretch. Take off extra layers and

keep moving for another five to 10 minutes.

6. It is better to underestimate your abilities in the cold. It’s helpful to wrap a scarf around your nose and mouth to warm the air before you breathe it in.

7. During winter months, do your exercising when the temperatures are at their highest. Some days the weather is way to challenging to battle, so move your workout indoors.

8. Exercising with a friend is ideal. While working out with them, you will have encouragement. If a friend is not available, take your cell phone, in case you encounter any issues. Again remember, no sled dogs will come get you.

Women’s Circle presents quilt to local tornado victim

Each Wednesday morning, a group of local women meet in the Title VI Elders Program building adjacent to the CPN Wellness Center with sewing on their minds. Officially known as the Wednesday Morning Women’s Circle, participants Doris Brenner, Patty Beeton, Suzie Brendelson, JoAnn Byler, Ida Tuttle, and Laura Oaks are either tribal members or spouses of Potawatomi.

Ida Tuttle decided to create a women’s circle after visiting the organization and noticing the elder women with nothing to do.

As Doris Brenner put it, “We

didn’t want to be sitting there just twiddling our thumbs. The circle was created when Ida organized a road trip to a Bluegrass music festival, we got lost and stopped to go to the bathroom. We got inspired by seeing quilts being raffled and sold at the travel plaza.”

Like many residents who were first hand witnesses to the destruction wrought by the May 2013 tornadoes, the group decided to put their sewing skills to use in helping out one of the victims by gifting quilts.

Tribal member Gayla Mosteller

works for Sue’s Sewing Shoppe

The group presented the quilt,

guests at the Title VI building. In attendance were Director of CPN Health Services Tim Tall Chief and Dr. Ron Shaw, Medical Director of CPN Health Services.

Upon receiving the quilt, Dr. Wood expressed her gratitude, telling the group, “I really want to thank you all so much. This really means a lot.”

The Wednesday Morning Women’s Sewing Circle was created February 2013. They encourage any women related to CPN to join them and have no age requirement. The group meets up Wednesday mornings at the Title VI Building. For more information on the sewing group, contact Doris Brenner at 405-275-5018 or Tami Fleeman, located at the Title VI Building.



Patty Beeton, Doris Brenner, Jo Ann Byler, Suzie Brendelson, Dr. Carrie Wood and Gayla Mosteller.

in Shawnee, Okla. and arranged the donated fabric for the quilt kits eventually be gifted to tornado victims.

While numerous individuals were considered for gifts, one person in particular came to mind. CPN Health Services physician Dr. Carrie Wood. Dr. Wood’s home, located in the Newalla area, suffered extensive damage in the May storm. She also happens to be the primary physician for several of the group members. Once the ladies from the circle found out what she had endured they knew she was the one they wanted to honor.

completed by Tribby Hardway, to Dr. Wood in front of assembled



The Sewing Circle meets each Wednesday morning at the Title VI Elders’ Program room located in the CPN Wellness Center.



The quilt was embroidered with a tag commemorating those who had helped in its creation.



GOVERNMENT

Mkogisos (February 2014)

People of the Fire

Candidates set for June 2014 tribal election

Citizen Potawatomi Nation tribal members in the western sections of the U.S. will choose legislators at the June tribal election, which will take place at the 2014 Family Reunion Festival.

In District 7, incumbent Mark Johnson faces challenger Michael Bourbonnais, while in District 8 incumbent Dave Carney will run against challenger Clyde Slavin. Vice Chairman Linda Capps,

Secretary-Treasurer D. Wayne Trousdale, District 5 Legislator Gene Lambert and District 6 Legislator Rande Payne all will be running unopposed.

In-person voting will be held June 28 during the annual CPN Family Festival. The Citizen Potawatomi Nation Election Committee will mail absentee ballot request forms to all eligible voters after

March 1, 2013. A ballot request form will be published in future editions of the *Hownikan*.

Incumbent Dave Carney



What Potawatomi family are you from?

"I am a Juneau which also touches the Vieux and Yott families. My notable ancestors are Solomon Juneau who was the founder of Milwaukee, Wisconsin and Joseph Juneau, the namesake of Juneau, Alaska. I am directly related to Narcisse Juneau who led a scouting party from the reservation in Kansas to select our tribal lands in Oklahoma. Narcisse was on one of the very first Potawatomi business committees which later became

the tribal legislature."

Where do you currently live?

"My family resides in Olympia, Washington which is located halfway between Seattle and Portland. I enjoy the central location and beautiful natural setting with accesses to beaches, mountains or high desert within a few hours' drive."

What do you do for a living?

"I am a real estate broker specializing in residential property and I am the president of

a company that provides a variety of business services to local government and business."

Why are you running for the legislature?

"The role of legislator is significant in the lives of the members in our district and in the future of the Nation as a whole. I believe I have the energy and work ethic to serve effectively. I've worked hard for our members and hope to continue my work."

Why do you believe this is an

important position for you to fill?

"I have approached the role of legislator utilizing my organizational skills and business background to build the District 8 community. I've utilized meetings throughout the district, regular email updates, social media like Facebook and old fashioned mail. A lot of progress has been made in connecting members more to the Nation and to each other. I think I am the right person for the job and respectfully ask for your vote."

What Potawatomi family are you from?

"My family is Slavin. My grandfather was James Slavin who received an allotment in what is now Cleveland County between Wanette and Lexington, Oklahoma. I am a second generation born Citizen Pottawatomi and was raised in Oklahoma, the son of Robert Slavin."

Where do you currently live?

"I live in Vancouver, Washington with my wife Kathy. We have been in Vancouver since 1979."

What do you do for a living?

"Since 1972 I have worked as an optometrist. After March of 2013, I began working part-time has an independent contractor in optometry practices in Wash. and Ore. on a fill-in basis."

Why are you running for the legislature?

"Living in Washington and Oregon for the past forty plus years and having grown up in Oklahoma until high school has helped me recognize the different needs that are present in the different regions in these United States. I firmly believe that the

tribal resources should be used to produce goods, services, and employment to be distributed as equitably as possible to every Citizen Potawatomi no matter where they live."

Why do you believe this is an important position for you to fill?

"The position provides contact with not only the tribal administration but also tribal members who take an active interest in our tribe's families and businesses. The contacts are important due to the need to assist in the guidance of how the

tribe invests its resources into enterprises and the distribution and use of the income generated for the benefit of the entire tribal membership. Citizen Potawatomi history and traditions can be learned and taught through the office of istrict Representative."

For anyone with questions for Slavin, he can be reached at

Clyde B. Slavin, O.D.
519 NW Wildwood Dr.
Vancouver, WA 98665
360-574-5658 home
360-909-3776 cell
clyde.slavin@gmail.com



Legislative candidates for District 7

Incumbent Mark Johnson



What Potawatomi family are you from?

"I am a member of the Vieux family and the Johnson Family. Louis Vieux was my great-great grandfather and Jacob Johnson was my great-grandfather and married to Sophia (Vieux) Johnson. Both men at various times represented the tribe in dealings with the government."

Where do you currently live?

"I live outside of Prather, California, which is in the foothills just east of Fresno, Calif. with my wife Rita."

What do you do for a living?

"I am just starting my thirty fourth year in the Fire Service, I am currently serving as the Interim Fire Chief for the Fresno / Kings Unit of CAL FIRE and as the Chief of the Fresno County Fire Protection District. I am proud to have a career in Public Service. The experience I have gained over the years allows me to better serve the needs, and to problem solve for the members in District 7."

Why are you running for the legislature?

"I was honored and humbled to be elected in 2010 to represent and serve our members as the District 7 Legislative Representative. I am running for re-election this year to continue the good work we have done on behalf of the members, including protecting and growing the financial base of the Nation, and protecting the benefits that so many of our members depend on. We have also expanded benefits such as the Health Aid program when it made fiscal sense."

Why do you believe this is an important position for you to fill?

"I was blessed to be born into a family who taught that service to others was an important part of being a member of a community. I was also blessed to be born a member of our great Citizen Potawatomi Nation. Being able to serve our members as an elected member of the Legislature is a natural extension of my career; and it allows me to give back in a way that honors my heritage, and protects the future of our tribe. It also allows me to share our tribe's culture and heritage with those I serve."

What Potawatomi family are you from?

"I am descendent of the honorable CPN Bourbonnais, Anderson and Peltier families. My paternal great-great grandparents, Antoine and Mary Ann (Anderson) Bourbonnais, were both Potawatomi. My family was amongst the first group of seven families to move from the Kansas reservation and settle Indian Territory. My paternal great-grandmother is Catherine (Peltier) Bourbonnais. Both her parents were Potawatomi. Catherine's father, Alexander B. Peltier Jr., was chairman of the CPN Business Committee (1895). Anthony Levi "Tono" and Catherine (Peltier) Bourbonnais' son, Carroll Shaubaunia, is my grandfather who adopted and raised me."

Where do you currently live?

"Born in Sacramento, Calif., I have lived in Fresno, Calif., most all my life."

What do you do for a living?

"I am 15-year technology professional at California's third largest community college district. Within my job, I volunteer as club advisor for Native American Intertribal Student Association, have chaired the campus Strategic Planning Council as well as served on many organizational and community planning committees. Prior, I managed multi-million dollar distribution and transportation operations. My formal education includes MBA, Strategic Leadership (Amberton University); B.S. Business/Management (University of Phoenix), and A.S. Information Systems (Fresno City College). As well I hold a number of computer industry certifications."

Why are you running for the legislature?

"First and foremost, I will continue unabated support of our Indian nation's God-given right to self-governance. Similarly, continue support of CPN's executive management business agenda in respect to planning, economic, environmental, technology, banking, gaming, real estate/trust land development, and quality education of our people. Likewise, sustained expansion of health and human services, veterans services, leadership, community and business development programs for our nation's citizens living in California, Nevada, Hawaii, and all citizens."

Why do you believe this is an important position for you to fill?

"This position is important as it conducts the duties and responsibilities of our Indian nation's governmental affairs. Furthermore, CPN Legislator District 6, Rande Payne, is my cousin and friend. We have thoughts about exciting CPN events we would like to bring to citizens in California, Nevada and Hawaii. We must not forget who we are. We are Nishnabek (original people)! We are Bodewadmi (Potawatomi)! We have distinct language, culture, ceremonies, and history. These things are gifted us by Holy God. Our heritage language and culture gives us identity. Chairman Barrett leads CPN gatherings with prayer in our language and traditional ceremony, and so shall I. In honor of our Potawatomi way, every day I pray in our language for all Neshnabek and our leadership. I encourage all Potawatomi to make wise



Creator-sought decisions in this election and in all your affairs. Ahau, bama mine...

Igwshe gwien...Iw enajmoyan ode pi. Nin se Michael Bourbonnais, aka Mnogabwumko (Bear who stands in good positon)."

Legislative update – February 2014

The Citizen Potawatomi Nation's Legislature rang in the New Year with a special legislative meeting on January 16.

As business got underway, a resolution approving a lease agreement between CPN and the BDC Gun Range was passed by a vote of 13-1, with one

absence and one abstention. The resolution's passage authorized Vice Chairman Linda Capps to sign the agreement on behalf of the tribe.

With regards to the tribe's gaming business, legislators passed a resolution that designates Chairman Rocky Barrett as the

primary delegate for the Citizen Potawatomi Nation in its interests with the National Indian Gaming Association (NIGA). Mike Laffey, Director of Marketing for Gaming, was designated as the tribe's alternative delegate with the NIGA.

The Legislature also approved a

grant application for funding to the Bureau of Indian Affairs 2014 Endangered Species Program. Legislators also supported the tribe's funding request to enter into a cooperative agreement with the Department of the Interior and its 2014 fiscal year Land Buy-Back program. The

Nation also has the support of the Legislature in its application to Tribal Energy Development Capacity grant program.

Wrapping up business, Legislators enrolled 30 new tribal members.

Contract Support Costs: Honoring a business agreement

By Rhonda Butcher, Director of CPN Self-Governance Department

Imagine you’re providing a service to a customer for an agreed upon price. You’re nearly finished with the project and the money stops coming in. The customer acknowledges that he owes you the money and in good faith you continue to provide the service. However, upon completion of the project the customer explains that he doesn’t have the money to pay you at the current time. This doesn’t sound like a good deal, does it? This hypothetical situation hasn’t just taken place in real life; it has been how things are done between Native American tribes and the Bureau of Indian Affairs and Indian Health Services for decades.

The Indian Self Determination Act of 1975 authorized government agencies to make grants directly to federally recognized tribes so that those tribes would have authority for how they administered those

funds. The act has allowed tribes to have greater control over their welfare and also has enabled tribes to provide programs and services to the greatly underserved Native American population.

The largest of these programs and services fall under two categories; Indian Health Services (IHS) and the Bureau of Indian Affairs (BIA). Every self-determination contract with these two agencies has a price attached to it for the work that tribes undertake on behalf of the federal government. Across the nation, tribes have taken over critical federal responsibilities in health care, education, law enforcement and land and natural resources protection.

According to testimony given by Native American law expert Lloyd B. Miller to the Senate Committee on Indian Affairs Oversight Hearing, not a single

tribe in the United States is without at least one self-determination contract with either IHS or the BIA. Annually tribes administer some \$2.8 billion in essential federal functions, employing an estimated 35,000 people.

For decades, there has been growing concern regarding the underpayment of contract support costs from these federal agencies. Underpayment of these

they deserved. However, these court actions have not resulted in payment, but rather have resulted in these Federal Agencies looking to further escape liability.

After more than a decade, the United States Supreme Court rejected the Agencies’ new methods and ruled in favor of the tribes again. Progress remains slow for tribes looking to collect on the funds owed to

the tribes spent, rather than what they were contacted.

In addition to the lack of funds and reduced programs and services, underpayment puts working relationships between the U.S. Government and tribes at risk. Rather than be an advocate for Indian Country, IHS and the BIA have tried to cut funding and change the agreed upon system of payment. The reality is that they have been advocating for the United States government and not those they are designated to protect.

The litigation process is wasting valuable resources that could be used for programs and services across the country. We need to get back to the business of taking care of people.

The Indian Self Determination Act has been a success, despite these roadblocks. It has allowed tribes to take control of the welfare of its citizens, provide jobs, and serve hundreds of thousands of people across the United States. Our own CPN health and wellness programs provided more than 62,000 physician visits, dental appointments and wellness visits in 2012. These programs also allow us to manage our land, provide scholarships and continue to grow our tribe.

It’s time for Congress to force federal agencies to pay the fair contract costs to tribes for the services that tribes are providing so that valuable time and money can be refocused on helping the most underserved portion of United States residents.



Many of the services, such as maternity care, the mail order pharmacy and the dental clinic are managed by CPN and funded with IHS funds.

contracts resulted in reduced services and the creation of contract support cost funding provisions. According to Miller, IHS underfunded tribes by nearly \$100 million per year, while the Bureau of Indian Affairs also failed to meet contract obligations.

A series of lawsuits and two United States Supreme Court decisions ruled in favor of tribes. The Court ordered IHS and the BIA to pay tribes the millions on contract support costs that

them. The Citizen Potawatomi Nation began submitting claims for contract support costs in 1997 and is owed an estimated \$16 million. It is estimated that 229 tribes are owed about \$350 million.

Now, more than a year after the second U.S. Supreme Court ruling, only a few court cases have been settled, many for much less than the tribes are contractually owed. IHS has taken the position that damages should be calculated on what



Indian Health Service funds support the work and staff of the CPN Health Services.

CPN Indian Health Service Programs

- Hospitals and Clinics
- Dental
- Mental Health
- Alcohol and Substance Abuse
- Public Health Nursing
- Health Education
- Community Health Reps
- Direct Operations
- Contract Support Costs – IDC
- Contract Support Costs – DCSC
- Contract Health Services
- Grant – Meth/Suicide Prevention Initiative
- Grant – Domestic Violence Prevention Initiative
- Environmental Health Support
- Facilities Support
- OEHE Support
- Maintenance and Improvement
- Equipment
- Sanitation Facilities –Regular (Projects)
- Sanitation Facilities – Housing (Projects)

CPN Self-Governance, Bureau of Indian Affairs Programs

- Executive Direction – Agency
- Administration Services – Agency
- Economic Development
- Education Line Officers
- Johnson O’Malley
- Housing Development (HIP Administration)
- Social Services – Region
- Social Services – Tribal
- Indian Child Welfare Act
- Criminal Investigations/Police Service – Non TPA
- Agriculture Program – Region
- All other Aid to Tribal Government – Non TPA
- Other Aid to Tribal Government (477 in total including: Tribal Rolls, Tribal Courts, Realty, Adult Education)
- Self-Governance Compacts –Tribal
- Contract Support
- Child Care Development Fund Mandatory – DHHS (477)
- Child Care Development Fund Discretionary – DHHS (477)
- Supplemental Youth Services – LABOR (477)

February focus on Ogemak Members Trousdale and Harjo

By BJ Trousdale, Tribal Youth Program Director

It is time for another update on the members of the Ogemak, the leadership positions of the FireLodge Youth Council.



Trae Trousdale.

Citizen Potawatomi Nation member Trae Trousdale has been a member of the FireLodge Youth Council since 2010, and has played a vital role from the beginning. Trousdale has carried on the family tradition of serving his tribal nation by holding the

office of FYC President the last three years, which were unquestionably very successful. Aside from his dedication to the council, Trae also serves as the Tecumseh High School Freshmen Class President, plays golf, participates in choir and does all of this while maintaining a 3.5 GPA.



Yannah Harjo.

Yannah Harjo is a freshman at Tecumseh High School. A

member of the Seminole Nation and of the Kiowa tribe, she has been with the FYC since August of 2012. Currently Yannah serves the council as the Public Relations Officer. When not participating in the council Miss Harjo is busy with the Lady Savages softball and basketball teams, dancing southern cloth at pow-wows, and keeping her place on the school honor roll.

The FireLodge Youth Council (FYC), comprised of Native youth between the ages of 12 to 18 has been off to a running start since beginning a new business year in September. The 40 plus member council has gained a worthy reputation within the local community as a group that can assist in times of need or service. If you know a youth that would be interested in learning more about the FireLodge Youth Council, please visit www.potawatomi.org or contact Michael Logan at 405-214-5110 or at mlogan@potawatomi.org.

And now, a quick update on another Tribal Youth Program, our Afterschool Club the P.L.A.C.E.’s academic tutoring component. When the New Year arrived, the academic staff

at the P.L.A.C.E. considered our options for a New Year’s resolution. We considered losing weight, saving more money, or possibly going vegan, but we still didn’t feel that that would really benefit the 60 plus youth that we serve! We then realized that during the fall semester, we had seen our youth grow and mature, both academically and as young adults. We looked through the grades that we were provided and realized that 11 of our youth had gone from a failing grade to a passing grade! We know that it was because of our students’ hard work and determination that they are where they are today, but we wondered if there was anything else we could do to help them achieve the goals we know they are capable of. We decided to hire two excellent tutors with a wide array of knowledge between them.

Ben McAlister, a graduate of OU who received his Bachelor’s Degree in Anthropology, has studied numerous languages including Kiowa and Russian. He also has an excellent grasp on English and cultural knowledge that our youth will definitely benefit from. Our other new tutor is River Postoak-Gipp. He is

currently studying at Seminole State College to complete his Associates Degree. River has a very firm understanding of the math and science content that that our youth work so tirelessly to complete and understand. Along with the amount of knowledge our new tutors possess, they are both very culturally astute, a quality that both our Native and non-Native youth certainly respect and admire. Together with these new staff, and the hard work that our youth already display, we are sure that the spring semester will be even more incredible than the last!

From this sprang a resolution that should have appeared to us from the very beginning. We have the tools and the knowledge to help our youth become the best that they can be. If you can help us achieve their personal academic goals or wish to volunteer at the P.L.A.C.E. please contact Kyle Miller, Academic Support Specialist, in the Tribal Youth Program by calling 405-214-5110 or by e-mail at kyle.miller@potawatomi.org.

Save money and the environment by saving food

By Cheryl Richardson, CPN Women, Infant and Children

One way to save money is by minimizing food waste. Reducing or minimizing food waste includes reusing and recycling food you may not use. Minimizing food waste is also one way we can respect the environment.

The Environmental Protection Agency (EPA) calculates that 36 million tons of food waste ends up in landfills. Annually, Americans throw away around 25 percent of the meals they prepare. As a consequence of it breaking down in these landfills, the food waste produces methane gas, an extremely strong greenhouse gas that is 25 times more concentrated than carbon dioxide.

By reducing food waste, the energy and resources needed to produce and prepare food is also conserved, meaning the reduction in pollution that would consequently be generated in its production.

Here are a few ways to minimize food waste:

- **Planning meals** - Buying only what you need to prepare meals and snacks can ensure that food isn't lying around spoiling or going out of date. Pay attention to "sell by date", "best by date", and "use by date" because they all mean something different.
- **Keep it fresh** - Ways to keep foods fresh longer include: cleaning your fridge, keep food items at proper temperature, storing foods properly and rotating older food in order for it to be used first.
- **Freeze your food** - If you or your family consume small amounts of a food, like bread, cheese, or lunch meat, freeze the parts you're not using to keep it from spoiling. Freeze leftovers for another meal and save yourself cooking time as well as food waste.
- **Take or serve small portions** - Serve your family smaller portions and assure them they can have more if they want it. Order appropriate portions at restaurants and only take what you will eat at buffets.

Keeping it Fresh

Tired of buying fresh fruits and veggies just to have them go bad before anyone can eat them?

Say goodbye to limp lettuce and moldy melons by knowing how to store and when to serve your produce.

Some fruits and veggies last longer than others. With a little planning, you can shop just once, and still have a week's worth of fresh produce.

Not sure which fruits and veggies to eat first? Use the following chart to help you plan your week of meals.

When to serve	
Beginning of the week	Asparagus Broccoli Corn Green Beans Strawberries Bananas
	Cucumbers Eggplant Grapes Lettuce Zucchini
	Bell peppers Cauliflower Spinach Tomatoes Oranges Pears
	Apples Cabbage Carrots Celery Potatoes Winter squash

Where to store

Where you store your fruits and veggies makes a difference in how long they last. Simply follow these storage guidelines to maximize their freshness:

Keep in the refrigerator:

- Fruits: apples, berries, cherries, grapes, and cut melon.
- Veggies: Most fresh veggies with the exception of those listed below.

Hold off on washing refrigerated produce until you're ready to eat them.

Leave out on the counter:

- Fruits: avocados, mangos, bananas, oranges, grapefruit, and pineapple.
- Veggies: onions, potatoes, tomatoes, and butternut and acorn squash.

Tip Bananas cause other fruits and veggies stored near them to ripen more quickly, so keep them in a separate place.



Infograph courtesy of WIC of Oregon.

Sacred Heart throughout the centuries



More than 130 years ago the Potawatomi Tribe gifted land in present day Oklahoma to the Catholic Church to build a mission and school for Native Americans. The Sacred Heart Mission educated Native Americans and included male and female dorms, a church, a convent, a monastery, a bakery, housing and vineyards.



Today, most of the original infrastructure has deteriorated due to the sometimes fierce Oklahoma elements, a fire and even vandalism. On January 15, 1901 a fire started at the mission in the boys dining hall. The largely wood structures of the mission burned quickly and a bakery, a two-story log cabin and two cemeteries are all that remain of what was once a thriving and growing Catholic community.



Father Dom Bede (Albert Negahnquet), a Potawatomi, was the first full-blood American Indian ordained Roman Catholic priest in the United States. He spent time at Sacred Heart Church and helped to teach Potawatomi people the Bible in their own language. He began his studies at Sacred Heart at the age of thirteen and once he was ordained became a fixture at local missions.




The area was once the epicenter of Catholicism in Oklahoma and was home to the Cathedral until nearly Oklahoma statehood. The church, which was built in 1914, is the only building that is used today.

Re-Elect Dave Carney

For District 8 Representative

"Continue the progress!"

www.dave-carney.com



Re-Elect Mark A. Johnson


Legislator, District #7

It has been my honor and privilege to serve as the District #7 Legislator since being elected by the people in 2010. I am proud of my voting record working on behalf of our members. **I am asking for your continued trust and your vote in the upcoming election, standing together we are strong.** Our Nation has grown well past 30,000 members, but through the hard work of the legislature and the executive team in Shawnee, we have been able to maintain a strong financial position to protect the benefits that so many of our members depend on, such as our mail order pharmacy and health aids for our elders and disabled, and the educational scholarship program for our youth. I hope to continue this work on behalf of the members I represent in District #7.

I can only do so with the votes of the members in District #7, please exercise your right to vote and return the request for a ballot when it arrives.

Legislator Mark A. Johnson, *Wisk Miek* (Strong as a Tree)
District #7, Citizen Potawatomi Nation
1565 Shaw Ave., Suite 202 Clovis, CA. 93611
Cell (559)351-0078 Email: Mark.Johnson@potawatomi.org
Please visit my website: www.markjohnsoncpn.com

Honor - Integrity - Cooperation
District #7: Northern Nevada, Northern California and the State of Hawaii.



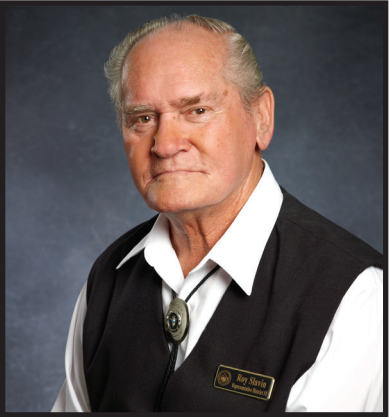
Did you know the Hownikan comes in a digital format?

The Hownikan offers subscribers the option of a print or digital copy of their newspaper. If you would like your CPN newspaper sent via email rather than in print, please email your name and address to hownikan@potawatomi.org and let us know.



Legislative Columns

District 1—Roy Slavin



As I write this my wife Julia and I are planning our “great winter escape”. Most years we try to escape some of our Missouri winter. We are both great fans of cruises.

This year we are planning on cruising the Panama Canal, a trip I have had in mind for a long time. During my school years, history was one of my favorite subjects. And there is a lot of history involved with the building of the Panama Canal.

Of course great destinations like the embarkation point, Ft. Lauderdale, Florida and stops in Half Moon Bay, the Bahamas, Aruba, Curacao, Colon, Panama, Puerto Limon and Costa Rica are also great inducements.

I also want to mention that CPN District 2 Representative Eva Carney and I are planning a trip to the Smithsonian Native American

museum in New York City for a guided tour of the special exhibit “Anishnaabe Artist of the Great Lakes” on March 15. We still have openings if you would like to join us there will be a pre-tour lunch at the Smorgas Chef at 11:00 AM. There is no cost to attend. If interested RSVP toll free by calling 1-866-961-6988. We ask that you join us early so we can be served and have a nice visit before the tour. (See the invitation in this issue).

I also want to talk a little bit about our CPN web site www.potawatomi.org. If you have questions about our nation or services there is a wealth of information here about our

culture, government, Language, services and enterprises.

A few evenings ago I received a phone call from a lady in Florida inquiring about Snipes family history. Snipes is my mother’s maiden name. After several phone calls and e-mails we exchanged family histories. In going through my family papers I was reminded of a bit of family history I have always found curious and amusing. My great grandfather Nathan Snipes, was born and raised in South Carolina and joined the Confederate Army in 1861 and fought in the Civil War. He was captured in a battle at Morris Island, in S.C. and was a prisoner of war. As a prisoner of

war he swore allegiance of true faith and allegiance to the United States of America and joined the army of the United States! Fought as a rebel, discharged as a Yankee! Wow!

I close this article as always with a plea for your contact information. If you do not receive e –mail or regular mail from me regarding CPN events it is because I do not have your contact information. Please send it to me at Rslavin@potawatomi.org or Roy Slavin Po box 901873 Kansas City, Mo. or call toll free 1-888-741-5767.

Migwetch
Netagtege (Always Planting)

District 2—Eva Marie Carney



Bozho nikan (Hello friends)!

It’s time for the 5th annual (how time flies!) District 2 New Year contest. The first contest year, you were asked to submit stories about your use of CPN ID cards (elder Stella Malone of Florida won my heart with her story about showing her ID card whenever she donates blood).

The next year, I held a photo contest – the task was to capture a “Potawatomi” location somewhere in District 2 and send me a photo of it (Sarah

for a Potawatomi-flavored cookbook that I produced (with editor-supreme-husband Alan Cohen’s help) and sent on to everyone who submitted an entry. Floridian Tim Pyeatt’s recipe for Potawatomi Deer Meat Poppers was selected in the random prize drawing, earning him the prize of a Thomas Kay Zippo 1941 Replica™ Brushed Chrome Windproof Lighter made in Bradford, Pennsylvania - a modern day flint and steel for the modern day chef!

You may recall that Tim’s recipe started with: “For this recipe pursue one of two options: 1. Invest about \$2,000 dollars in hunting equipment, a lease to hunt on, and time away from work to allow yourself the ability to harvest a deer. 2. Just hit up a friend who hunts and ask for some deer meat.” I loved it (though haven’t made those Poppers, yet), and I hope you loved it too. (A photo of Tim and his family during his son Josh’s naming ceremony in Fort Walton

sure to include your “snail mail” address when you send your entry, which should illustrate something that is “CPN”. (Hint: it even could be a photo of you and/or your entire family, since you are CPN citizens), so I can



Photo of the Cohen-Carney family (Alan, Elise & Marshall Cohen & Eva Marie Carney, with other dear family members at the Martin Luther King Jr. Center, Atlanta, Ga., August 2013.)

mail you a copy of the calendar. The contest deadline is April 15, and I will announce the prize winner and reproduce some of the entries in the May column. If you are not sure about which 13 states make up District 2, log onto my website, www.evamariecarney.com, and click on “Our District” – the states outlined in black are District 2 states! You can send the drawing/illustration/photo entry by email attachment or in the regular U.S. mail.

For fun I’m also announcing the contest under “Events” on my Facebook page, so you can visit that page to refresh yourself on the details. I’d be pleased to have many more Potawatomi Facebook friends so please friend me today (and put CPN in your friend request message). Also, if you are in District 2 we have a private Facebook page for discussions/postings among District 2 members - there are about 110 of us subscribed to that private page. Please send me a note if you are on Facebook and would like to join that private group.

I look forward to seeing your submissions and to putting together a calendar that you will be proud to hang in your office or home in 2015. Thanks in advance for contributing to our CPN community by participating in the contest.

Upcoming visiting opportunities. I’ve got three upcoming events to remind you about.

1. VisittotheNationalMuseum of the American Indian in New York City. Saturday, March 15,

Corral’s phone number is (407) 902 2979.) Come as my guest to enjoy the Golden Corral buffet, share your family information and ideas, and have your CPN-related questions answered. Please RSVP to my toll free number or by email. Stella Malone, who I mentioned at the beginning of this column, has made the arrangements for this meeting – a big virtual smooch to you for that, Stella!

3. District meeting in Charlotte, N.C. Saturday, April 5, 2014, 11 am - 2 pm at the Meeting Room of the South Mecklenburg Presbyterian Church, 8601 Bryant Farms Road, Charlotte, NC 28277 (www.Smpchome.org). District 2 business meeting and hot lunch. I will conduct a naming ceremony after the meeting in a private area on the church grounds if appropriate arrangements have been made with me ahead of time. Please contact me if you are ready to be named, and please RSVP to the meeting to my toll free number or by email. Thanks to Scott Holzmeister for all his work on organizing this event!

Lastly, I still want to host a Little Rock, Arkansas meeting in the fall – anyone out there that can help me with a venue and planning? **Please come forward if you can help!**

All this traveling about is great, and brings me lots of pleasure, but I appreciate that many of you will not have the opportunity to travel to these meetings. I am committed to posting photos of these meetings online (to evamariecarney.com and to my Facebook page) and giving you reports about them. And, if you have questions, comments, or ideas to share with me I hope you will do so through email, phone, or letter. **Please don’t be put off by the distance between us.** Building our CPN community in District 2 continues to be my top priority as your Legislator.

Kindest regards,

Eva Marie Carney/Ojindiskwe (Bluebirdwoman)
Legislator, District #2
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Three generations of Pettifers: Nelda (Pyeatt) Sever, Josh Pyeatt, and Tim ("Deer-Hunter/Griller") Pettifer, after Josh’s naming ceremony in Fort Walton Beach, Fla., 2013.

Copeland, also of Fla., won that one, with a photo her beau took of her at the Cummer Art Gallery in Jacksonville, looking lovely and vital sometime after her heart transplant). 2012 was the year of “A Good Woman,” when I asked you to submit photos of strong, good women in our lives (Virginian Bob Richey won that won with a photo of his mother, CPN member Doris Richey, receiving the Soldiers Medal for her bravery while serving during World War II as an Army nurse in the European theater).

Last year was a food year, when you submitted recipes

Beach, Fla. last year is included as part of this column.)

This year is a calendar art/photo year. Please submit an original drawing/illustration or photo that can be used in a CPN-themed calendar that I will produce and send to all who enter the contest. As in the past, there will be a drawing from all CPN District 2 entries for a special prize, selected at random from all District 2 entries. Recognition on my website and in the *Hownikan* will follow, too! You don’t have to live in District 2 to enter, but to win the special prize you do need to be in District 2. Please be

District 3- Robert Whistler



Bozho

During the last couple of months, I have sent out several e-mails relative to the Affordable Care Act (ACA). Simultaneously, a number of you have called asking for information.

For my own medical insurance, I have used a broker in Arlington, and he has done a good job for me. He has shown me which plan best fits the needs of my family. I have referred several of our fellow district members to him for advice. He has confirmed that in most cases he recommends that you use Blue Cross/Blue Shield. If you are a card carrying Native American from a federally recognized tribe, then although there is a cost for the insurance, which is very low compared to those who don’t qualify, then the policy has no co-pay and no deductible.

For any of you who are not yet enrolled in a plan, I recommend you go to a broker and have him

assist you in getting into a Blue Cross/Blue Shield plan. If you want my broker’s name give me a call.

In the ACA there is an area that can give you a great deal of grief in the future if you have to enroll in Medicaid and ultimately need for them to cover long term care or a nursing home. In the 1993 federal budget bill, they included what is called the “Medicaid Estate Recovery Program”. This bill was intended to allow the state governments to get reimbursement for the Medicaid funds they provide a person by attaching their estate when they “walk on”!

If you have done proper asset

planning, then you will most likely not be affected by this, but there will be many new folks going into the Medicaid system and they are not going to be aware of the fact that their estate and heirs could be held liable for their health care costs.

Although Texas did not accept the full program and the expanded Medicaid program, if you are below 138 percent of the poverty level, you may qualify. Therefore I am giving you this heads up.

For those of you with relatives living in another state, keep in mind that so far, 26 states did fully adopt the ACA plan and your relatives need to be aware of the potential future issue.

Because of the way the program is written, it could be possible for an elderly person living in a high real estate inflated state to have a home now valued at \$820,000 or more, plus furnishings, auto with no capped value and be in the 20 percent of the retired population that qualifies for Medicaid. Without good planning, the state may freeze those assets and have them sold for the repayment of any Medicaid funds that person received from the state.

Unfortunately our, federal congressional representatives didn’t read this bill before it was passed and we are now finding out what it is all about as the

Continued on page 13...

Whistler continued...
various items surface.

Before closing, I do want to touch on another area quickly. In January we had a taste of weather that has set records for the most number of days with below freezing temperatures. To keep

yourself and your home warm, please be careful. Small heaters need to be kept away from the bedding and curtains. It is too easy for a fire to start while you are asleep. I have also read where a Bar-B-Que grill has been taken into the house to keep warm. Those fumes are toxic. You must

have them out in the open. The best solution is to put on more layers of clothing. Enough said, just be careful in cold weather and think things through and do what is safe.

For anyone needing to reach me, call me on my cell phone. You

elected me to serve you and I am honored to be of service to you. Thank you so much for giving me the privilege to assist you where possible.

Bama mine,
Bob Whistler/Bmashi (He soars)

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District 4—Jon Boursaw



Replacement of Bourbonnais Creek Signs: The saga continues...

After my last article I have been contacted by the U.S. Board of Geographic Names (BGN). They contacted me via e-mail on Saturday, January 4 with information on how the process

for reviewing our request to correct the spelling for the bridge signs will proceed. The e-mail talks about how the BGN will contact the governments of the various counties which the creek flows through to obtain their acceptance of the name change. Please keep in mind that this is not a name change, just a spelling correction. Also keep in mind that at the location of the bridge the creek is maybe ten feet wide and is only a couple of miles from where it empties into the Kansas River, so it is not a major waterway.

Included in the BGN e-mail was a CC addressee @ks.gov.

“Ah ha,” I thought, “A local contact.”

I e-mailed him on January 6 only

to get an auto reply that he retired on December 31. The next day I was able to reach his former supervisor by phone only to learn that a replacement had not been named and that she was not that familiar with what he did.

I was beginning to think, “How many more road blocks are out there?”

However, over the past few days the situation is looking better. I have exchanged a couple of e-mails with the Chairman of the Shawnee County Board of Commissioners, who just happened to have been the Mayor of Rossville when the Nation purchased the Rossville property for the duplexes and Community Center.

She is very familiar with the

creek in question and offered her full support in our effort. Additionally, I have obtained a commitment from the Shawnee County Historical Society to provide a letter of support. Last week I was contacted by an individual from the Kansas Water Office (which I’ve never heard of), who is the temporary replacement for the individual that retired. After a lengthy telephone conversation he offered his support and promised to provide a supporting letter.

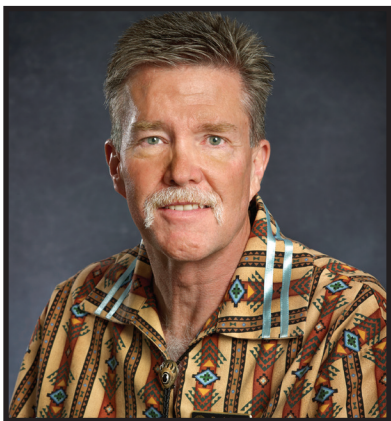
Next, I need to collect all of the documentation supporting our request and submit it to the BGN for their consideration. I’ve been told by the BGN that it may take up to three months for a decision to be rendered. I’ll keep you informed

District 4 Member Surveys. Several of you have submitted your surveys, but many of you still need to complete the survey and return it. There is no deadline, so if you have not returned your survey I encourage you to do so at your earliest convenience. I am entering each survey into a data base and will start responding to the requests for information on the various topics within the next few weeks. I sincerely appreciate the information and comments which I have received.

Migwetch,

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District 6—Rande Payne



Ahau Jayek,

I want to start this month’s column by congratulating Linda Capps on another four year term as our Vice Chairman. Ms. Capps’ work ethic is second to none and I greatly admire the moral character and positive attitude she brings to every situation and challenge she faces. I wish her all the best the next four years and beyond! I would also like to congratulate D. Wayne Trousdale and wish him another successful four year term as CPN Secretary-Treasurer. Secretary-Treasurer

Trousdale is very skilled at his job, takes great pride in his work and has been very easy to work with. Vice Chairman Capps and Secretary Treasurer Trousdale are both running unopposed. Chairman Rocky Barrett, Vice Chairman Linda Capps and Secretary-Treasurer D. Wayne Trousdale have been at the helm of our Nation for quite some time now and the results have been great. Citizen Potawatomi Nation has grown and prospered in a multitude of ways under their leadership and I’m thankful they will continue leading our great Nation.

Shifting gears back to California brings me to talk about our current and ongoing water crisis. As of writing, the governor has just declared California in a Drought State of Emergency. Certainly I’m in agreement with this assessment, however, what’s disappointing is that our government officials and agencies have done very little to prepare for this event. We all knew it was coming, history

tells us that. It seems that the policy makers are only interested in fighting over the water and playing politics with it rather than creating long term solutions that are reasonable and make sense for the future well-being of our state.

Because the weather has been dry and temperatures have been in the 70s, I took advantage of it and went camping up on the Kings River last weekend. The Sierra Nevada Kings River watershed flows into Pine Flat Reservoir and you have to drive past it to get up to the camp site. Pine Flat was the lowest I have seen it since 1977 when we were in the midst of a 10 year drought. The Kings River I white water rafted on about this time just a few years ago is reduced to not much more than a decent stream, definitely not a river right now. All the grass in the foothills is still dead and brown, not lush and green as it would be this time of year normally. Looking up at the high Sierras where there would normally be good snow

pack revealed the mountains as they looked last fall, completely bare of snow.

I’m an early riser and got up early to go sit next to the river and sip my morning coffee. As I watched the moon set behind a mountain to my west and the sun come up over the peak to the east I looked around to marvel at my surroundings as I usually do when I go camping. But this time was different. As I looked at the river barely flowing and the absence of signs of new life I felt a deep sadness and concern. It was as if the normal cycle of life was somehow out of whack and broken. As I thought of all the bickering over our water issues and even my own opinions of how they should be handled I suddenly realized that there was nothing anyone could humanly do to change what I was looking at. So I began to pray. As a sense of peace came over me I quickly concluded I was doing the best thing I could do.

Our next District event is

coming up quickly. Save the date Saturday March 15. We’ll be meeting in San Diego this time. Drumming is an important part of our culture so we’ll be exploring some of the different facets of drumming. Tobacco is one of our most important medicines so we’ll be talking about that as well. You won’t want to miss it!

“For ever since the world was created, people have seen the earth and sky. Through everything God made, they can clearly see his invisible qualities—his eternal power and divine nature...” Romans 1:20

Migwetch!

Bama pi,

Rande K. Payne / Mnedo Gabo
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District 7—Mark Johnson



Bozho nikan / Hello Friends,

On Saturday January 11, 2014 I held a district meeting in Elk Grove, California just outside Sacramento. for members from Northern California, the meeting was attended by 120 tribal members. Also in attendance was Legislative Representative

Jon Boursaw from District 4 in Kansas and Leslie Deer from the Cultural Heritage Center in Shawnee. After our opening prayer, a discussion was held on the Affordable Care Act and how tribal members can benefit from the program. Representative Boursaw then had the full attention of the members as he gave his tribal history presentation, and having been the previous director of the Cultural Heritage Center, Jon has a great amount of historical knowledge.

Representative Boursaw’s presentation was followed by a lengthy discussion on the benefit programs that are available to members outside Okla. from scholarships and the Health Aid Program to the one time Closing

Costs Assistance Program. During lunch our members watched videos provided by Curtis Grant at the Tribal Heritage Project at the Cultural Heritage Center. The videos shown included the Grant Entry from the 2013 Family Reunion Festival, the video “Going Home” which provides a look the many enterprises and facilities that the tribe has to offer when you visit Shawnee. The last video shown was on the release of Wadasezhabwet (Wadase), the young bald eagle from the CPN Aviary.

The afternoon was filled with crafting projects taught by Leslie Deer. Men’s bandolier kits were assembled and women’s tote bag appliqué kits were made by those in attendance. Leslie is a

wonderful teacher and she even gave a quick lesson on shawl making before the meeting was done. Many members told me in person or through email what a great time they had. I plan on having more of these events in other areas of the District.

Start planning your trip to Shawnee this year, the Honored Families will be: Bruno, Darling, Hardin, Higbee, Lewis, Nadeau, Slavin and Smith at the Family Reunion Festival on June 27-29, 2014.

I would like to say what an honor it is to serve you as your District 7 representative. 2014 is an election year for District 7, I hope I have earned your trust and support, but the most important part is your vote, please take the time to make your voice heard.

As always give me a call and I will be happy to work with you on any questions you may have, or provide you with additional information you may need to access tribal benefits that you are entitled to. Please also take the time to give me a call or send me an email with your contact information so that I can keep you informed of the happenings within the Nation and district.

Migwetch / Thank You,

Mark Johnson / Wisk Mtek (Strong as a Tree)
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District 8—Dave Carney



Dave Carney: Potawatomi Myth Buster

Dear District 8 members,

As many of you are aware, another election will take place in

June and one of the offices being decided is your representative. I have enjoyed representing you and hope to continue to do so with your vote. I decided to be a little different than other politicians (since I’m not one) and not make promises about things that you can “get” if I’m re-elected. In fact, as I often do at Tribal Area Gatherings, I’m going to bust some myths:

Myth one: “Now that I’m an enrolled member of the Nation, I have healthcare insurance”.

Busted: This is not true. Now that you are an enrolled member of the Citizen Potawatomi Nation, you can access Indian Health Service programs. This

is not insurance. This is more or less a safety net in case you have no other coverage in place. You can get some basic healthcare (and possibly dental work) taken care of. Because of your access to the Indian Healthcare Service programs you are exempt from the Obamacare fine that will have to be paid for those who are not covered by health insurance. That’s about it. For details on clinics in our district go to www.dave-carney.com and look for the IHS tab.

Myth two: “I’m hoping that the Nation will start paying me a “per-cap” payment like my other Indian friends”.

Busted: I can’t say never, but I

can almost guarantee this will never happen. Why? By design and simple math. The philosophy of our Executive branch and Legislature can be summed up in two ideas: “Don’t eat the seed corn” and operate the tribe as a family. By re-investing our earned funds we are able to build infrastructure to not just eat today, but for many generations. We also believe that as a family, we take care of our elders, our sick and the education of our young first. What about simple math? Well if all the assets of the Nation were split among 30,000+ members it would be a slim payday indeed.

Myth three: There’s a

Potawatomi religious ceremony for everything. I’ll have a Potawatomi medicine person conduct a wedding, funeral, baptism; you fill in the blank here.

Busted: The Potawatomi have no medicine people – any tradition belongs to all the people. There are many “bands” of Potawatomi, and if one looked hard enough, it might be possible to find a ceremony for all of the above that is performed by a Potawatomi. The CPN is spiritually unique for many reasons: we became Christian shortly after encountering the

Continued on page 14...

Legislative Columns

Carney continued...

French – making us the “Mission Band” for quite a while. We were forcibly removed to Kansas where we clashed over religious views with our Prairie Band brothers and sisters. We took control of our fate and purchased our reservation in what later became the Bible belt. Currently,

the membership remains predominately Christian, but includes many other faith traditions. We have struggled to regain our Potawatomi traditions and the Naming ceremony is the predominate ceremony that is performed among us. Again, it belongs to the people. The pipe ceremony and water ceremony

are also beginning to take root again. We will have to see where we are with this in another generation.

My hope for the June election is that we have a wonderful District 8 turn out. This would be accomplished by requesting an absentee ballot and once you get the ballot, filling it in properly

so it is counted. This includes signing and listing your tribal ID number. I will be putting up a request for absentee ballot on my website: www.dave-carney.com for you to download. Lastly, you will have to make sure you mail your voting ballot!

As always, I enjoy hearing from you. If you do not get regular

updates from me I don’t have your e-mail. Please call, write or e-mail me.

Migwetch,

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District 9—Paul Wesselhoft



Bozho, Nikan!

O.U. Offers Free Internet Course: “Native Peoples of Oklahoma”

This course covers the cultural traditions and current conditions of Indian tribes who reside in Okla. This was a popular course for years when it was taught by a professor who has unfortunately died.

Those who are interested in

this course should contact the university admission office. The course is free but offers no credit. It presents the same materials as OU students experience who take the course for credit on campus.

This course has the technology in place to engage a wide verity of Native people from different tribes around the state and out of the state. The course will offer

more than 40 video segments and teleconferencing will bring guest speakers virtually into the classroom.

This course is a great opportunity for Potawatomi to learn about all the different tribes and their contributions to Oklahoma and the nation.

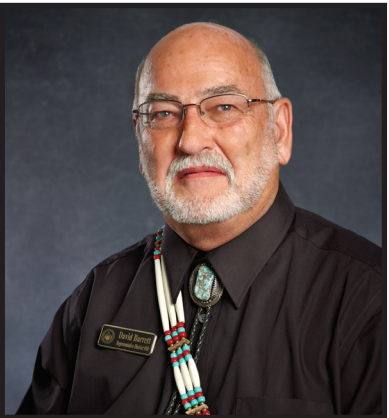
And for those who have never taken a college course, this

is an opportunity to virtually experience the university. Who knows, you may want to take additional free courses and possibly become a student on campus one day.

Migwetch,

Paul Wesselhoft / Naganit

District 10—David Barrett



Bozho,

Most of our membership will not be aware the group who calls themselves Dewegen Kwek – The Drum Women.

As a member of the Citizen Potawatomi Veteran Organization, we have had the privilege and honor of having this group of Potawatomi women to perform at the last two veterans’ Christmas Banquets. Surpassing our expectations for the Christmas dinner in 2012, we

from Dr. Kelli Mosteller and Czarina Thompson about the conception of this group.

In the beginning...around December 2011... there was a lot of interest in drumming. So Kelli took the challenge on. She started learning a few songs from women in other Potawatomi communities. However, while the group was called Drum Women, people often asked, “Where are the drums?”

Well, they needed a drum making class. The group started meeting weekly and monthly in order to secure their personal drums and began practicing with them. This took an additional effort on part of all involved just to make it work due to their already busy schedules. This isn’t even considering when and if the weather was on their side.

To be sure though, they all enjoyed doing the process and hoped everyone would feel they could bring songs, music, etc

group sang a variety of water and healing songs to honor the newly canonized Catholic Saint Kateri Tekakwitha as a devout Native woman and healer at St Gregory University’s sainthood celebration in October 2012. To read more about the event, visit <http://tinyurl.com/m69gj9r>.

Dewegen Kwek’s songs usually

Potawatomi thanks to the CPN Language Dept.!

8. “Honor song” – This song honors one or many, male or female, or children Individually it is sung burials, feasts, gathering, prayer or anything one wants to honor or event where one is being honored.



The Drum Group at the dedication of a statue to St. Kateri Tekakwitha.

are women/water/healing songs, but this is not always the case. For the 2013 Veterans’ Christmas Party, they did the following songs:

- 1. “Invitation song” - A song to invite good spirits.
- 2. “Strong Women song” - A popular song often sung often by the group.
- 3. “White Eagle song” - Importance of the eagle for the Nishnabe people.
- 4. “Ogeme Kwe” – Means blues spirit, leader women.
- 5. “Anishnabe Kwe” - Anishnabe woman.
- 6. “Creator song” - This is a closing ceremony song.
- 7. “Wish You a Merry Christmas” – Sung in

Let me introduce the ladies who sang to our Vets this past December:

- Kelli Mosteller - Kokne Moe We (Peaceful Wolf)
- Jeanie Miles - Mok Je Wen (Bubbling Brook)
- Reva Wolf - Msko Mko (Red Bear)
- Jaylene Riggins - Paneshqua (Bird Woman)
- Pat Brollier - Kitbasa (Straight Talker)
- Patty Sue Beeson – Sen Ikwe (Rock woman)
- Laura Weistein – Mkoskwe (Little Bear Woman)
- Isabelle Bonebrake - Ge Wan Mko Kwe

- Susie Brendleson- Zaw Wawasmo (Yellow Lightening)
- Jayne Fleischfresser - Bmashi Sego (Soaring Crane)
- Sharon Cranford – Doesn’t have a name yet.
- Tesia Zientek – Jejakwa (Like a Crane)
- Czarina Thompson - Mnis a No Kwe (Warrior Woman)
- Mary Powell - Nigani Wijde (Leads with Heart)
- Keely Longo - Nanokshi (Humming Bird)
- Kayla Longo - Bami Noquay (Four Legged in Heart)
- Elizabeth Ann Kirk – Onipkwe (Elm Tree Women)
- Sandra Longo - Msko Gizhek (Red Sky)

Thanks to the women drummers for adding the icing to our dinner.Your extra effort didn’t go unnoticed by all our veterans and guests. Language Department Director Justin Neely also recorded the Pledge of Allegiance in Potawatomi so we could play an learn it. Thanks Justin. What a feeling it is to insert our language in our events.

Not necessarily a Potawatomi thing as much as a survival thing, don’t forget to tell your loved ones Happy Valentine’s Day on February 14!

It goes without saying that it is both a pleasure and an honor to serve you and our great Nation.

Migwetch,

David Barrett/Mnedobe (Sits with the Spirits)
Oklahoma Legislator
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District 12—Paul Schmidlkofer



Bozho Nikan,

The Nation has moved one step forward towards one of our goals recently with the opening of both of our new events centers.

The Grand Event Center is a new

state of the art concert venue at our Grand Casino location. I was able to watch the progression as we built it. I toured it with Chairman Barrett when it was maybe halfway complete. It has a very intimate feel to it as the stage and seating are relatively close. Even standing at the back and looking down to the stage feels like you can almost reach out and touch someone on the stage. This type of proximity tends to make the visitors very excited and wanting to return. There really are no bad seats in this auditorium. I think in the long term this will pay off many times over.

Many of you had the opportunity to see the FireLake Event

Center, officially known as FireLake Arena, firsthand last summer during the family reunion festival. I believe many, including myself, were very surprised at the enormity of the space within its walls. We sat roughly 500 members in one small corner.

The facility, with its close proximity to our other outlets, in this location will serve will to help draw additional customers and visitors to FireLake. Long-term, we hope to bring a varied selection of reason for people to visit us. Most recently it hosted a mixed martial arts fighting event, but the possibilities are endless. We hope to attract some of the shows that normally pass

Shawnee over because of lack of first rate facilities. For the most part, anyone looking for a large venue is just out of luck outside the Oklahoma City metro.

Of course the planned RV Park will almost assuredly love having a facility close by. It will serve as another reason to draw people to us. This industry is always looking for additional opportunities to display their new wares and I can see them wanting to use the event center for show. The amount of opportunities these two venues offer really is endless.

Vice Chairman Linda Capps and Secretary-Treasurer D. Wayne Trousdale have will been re-

elected to serve another term. There’s an old saying if it isn’t broke don’t fix it. And while this may have been changed over the years there really are no good reasons to fix these positions as they have done so much for us. We truly are blessed to have both of them. I have enjoyed working with them and all the members of the Legislature; we are a good working group. We don’t always see eye to eye but always continue to work together. As always it is a pleasure and an honor to serve our great nation. I thank you for this privilege.

Bama pi,

Paul Schmidlkofer

Legislators are not able to retrieve your contact information from Tribal Rolls.
Please contact your Legislator so that you can receive important information about Citizen Potawatomi Nation and your Legislative District!

If unsure who your elected representative is, please visit www.potawatomi.org/government/legislature where you can find a district map and contact information for CPN’s legislators



Chairman—John Barrett



Bozho Nikan,
My congratulations go out to Vice Chairman Linda Capps and Secretary Treasurer D. Wayne Trousdale for their reelection to tribal office by virtue of their unopposed filing. They are so very valuable to the Citizen Potawatomi Nation and four more years will be fruitful for our people. As you know we have tribal election contests in District 7 and District 8. Incumbent Dave Carney will face Clyde Slavin again in the District 8 election. Representative Carney won overwhelmingly in the past elections and has served very

capably as has incumbent Mark Johnson in Northern California. Representative Johnson will face Michael Bourbonnais in District 7 election. I hope that these election contests will create renewed interest in our Tribal Government.

We will be hosting a series of regional meetings in the next few months. These tribal area meetings are a great opportunity to learn about the tribe. I often provide a historical overview of the Potawatomi and discuss tribal businesses. The content of each meeting is determined by the crowd that is present, so no two meetings are ever the same. Two things that I always discuss at every meeting are blood degree and per capita payments. Both of these things are destructive inventions of the federal government designed to take away the treaty obligations the United States made to us in the Treaty of 1861, which created the Citizen Potawatomi as a separate Nation, and the Treaty of 1867 that allowed us to buy the reservation in Oklahoma.

Blood degree was invented to encourage tribes to restrict their membership or marry only within the tribe. To complicate that scheme, the federal government utilized absurd definitions of who was and who was not a Citizen Potawatomi to establish these so-called “degrees of Indian blood”. That is why we do not recognize it. Per capita was designed to deny tribal governments, as the original aboriginal owners of the land, from exercising the economic power of their intact land payments. Both of these policies violate our traditions and history. Even in ancient times, we did not cut up each animal brought in from a hunt into exact pieces for each resident of the village. It was first given to those who needed it most.

We will be sending information out on these meetings, so watch for it in the mail and in the *Hownikan*.

If you have not done so, I strongly encourage you to participate in our Tribal Heritage Project. This project uses video, photos, audio

recordings and other items from our Cultural Heritage Center archives to tell the stories of the Citizen Potawatomi Nation founding families.

This project is used to build on and preserve the lessons and history of those who came before, but does not stop with our ancestors. To our great-great grandchildren we will be the generation of those who came before. Our tribe is a living and thriving tribe and you and your family are part of that history.

I encourage you to share traditions from your family. Sit down with a box of photos and discuss the people in each photo and what they were doing at that time. As you start to do that you will notice that it reminds you of other stories as well.

You can contact the Cultural Heritage Center at 405-878-5830 to participate in the Tribal Heritage Project.

February is Heart Health month. As you may recall from my

December 2013 column, I recently had open heart surgery and a triple bypass. The Center for Disease Control reports that every year about 715,000 Americans will have a heart attack and 600,000 will die from heart disease.

You do not have to be one of the thousands of people to suffer from this disease. Even if you have had heart problems in the past there are steps you can take to improve your health and your life. Eat a healthy diet, maintain a healthy weight, exercise, monitor your blood pressure, don’t smoke or drink alcohol, have your cholesterol checked and manage your diabetes if you have it. Small steps can bring big rewards.

As always, it is an honor to serve as your Tribal Chairman.

Migwetch,

John “Rocky” Barrett (Keweoge) Tribal Chairman

Vice Chairman—Linda Capps



As we move forward into another great year for the Citizen Potawatomi Nation, I want to thank everyone for the support and well wishes I received following my announcement to seek re-election for the office of Vice Chairman.

In addition to my office, Secretary-Treasurer D. Wayne Trousdale, District 5 Legislator Gene Lambert and District 6 Legislator Rande Payne all will be running unopposed. There are two competitive races this year for districts 7 and 8.

In District 7, incumbent Mark

Johnson faces challenger Michael Bourbonnais, while in District 8 incumbent Dave Carney will run against challenger Clyde Slavin.

I want to personally thank all candidates for their effort in serving the Nation.

We speak about it often, but we are truly fortunate to have a stable political structure in which to decide the best direction to guide the tribe’s services and enterprises. There are other tribal governments who face contentious proceedings and political fights, but I am proud to be a part of a tribal government that strives to work toward bettering our Nation with civility and respect, even when we disagree.

Yet this does not simply start and stop with your elected legislators and executives. You as citizens have a unique opportunity to have a say in who represents you. This is something that should be cherished by us all. With more than thirty thousand enrolled members of the Citizen

Potawatomi Nation, too often the number of those casting ballots falls far short of the number of eligible voters. I want to encourage all who are eligible to vote to do so. As Citizen Potawatomi, it is not only your right, but your responsibility to do so.

Voting takes place each year at Family Festival, with ballots being cast at the CPN Tribal Court located in the Administration Building. For those who cannot make it to Oklahoma for Festival, our Election Commission sends out absentee ballot request forms in this very newspaper. Be sure to look for the requests in future editions of the *Hownikan*.

I want to address another topic we hear a lot about from tribal members at this time of year: a per capita payment. The Citizen Potawatomi Nation does not have a per capita payment for its tribal members, long ago deciding that our best path forward to building up the tribe’s services was to reinvest it.

What many members incorrectly refer to as CPN’s last per capita payment was actually a long deserved court settlement from the federal government in 1986. After more than a century of not honoring the treaties signed with our ancestors for their lands in and around the Great Lakes, the U.S. government paid back, with interest, the money originally owed to our tribe. The funds from that settlement were distributed back to the living descendants of those Potawatomi who were affected under the original treaties from the 19th century.

For more than two decades, the policy of the tribal government has been to “not eat the seed corn.” While CPN does well with its funding from a variety of sources, including federal grants and the revenue from our enterprises, we simply could not provide the services we currently do if we issued a per capita payment to our 31,000 members.

While I understand the disagreement on this strategy, one has to look at the progress

of the tribe over the past decade alone in terms of its services to see why we believe we are on the right track.

I appreciate the feedback that I receive from our tribal membership. When you have questions, I diligently try to answer in a timely manner, whether by phone or by email.

I am thankful to have served our Nation as your Vice Chairman since 1990. I have been blessed with wide support from tribal members throughout the United States. If I do not personally know you as a tribal member, I hope that we have an opportunity to meet and visit during my next four years in office. Visiting by email is always an option. I look forward to the honor of serving you in another term as your elected representative.

Migwetch,

Linda Capps
405-275-3121
lcapps@potawatomi.org

DISTRICT 6

CULTURAL EVENT

SATURDAY, MARCH 15 • 10AM TO 3PM

with lunch provided

VETERANS MUSEUM & MEMORIAL CENTER

2115 PARK BOULEVAR, SAN DIEGO, CA 92101

TOPICS: Drumming - What is it all about?

Traditional Tobacco - Hazardous to your health or good medicine?

Please RSVP to rande.payne@potawatomi.org or (559) 999-5411.

Save the Date:

Saturday, March 15, 2014 in New York City!

Enjoy a guided tour of the very special exhibit, **Anishnaabe Artists of the Great Lakes**, at the **Smithsonian Museum of the American Indian Outpost** in Manhattan (close to Wall Street).

Please be our guests for a pre-tour brunch from **11am to 12:30pm** at **Smorgas Chef Wall Street, 53 Stone Street, New York City** (between Broad Street and Hanover Square, two blocks south of Wall Street).

There is no cost to attend, but please RSVP toll-free by calling **1.866.961.6988**, as there is a **40 person maximum** for both the brunch and tour. We also request that you arrive promptly at 11am so that we can be served and have a nice visit together before the tour!

- Bama pi, Legislators Roy Slavin & Eva Marie Carney
(rsalavin@potawatomi.org and ecarney@potawatomi.org)

Dr. Clyde B. Slavin

- **Grandson of James Slavin - an original allottee. Grew up in Holdenville, Oklahoma**
- **Doctor of Optometry - semi-retired**
- **Married to Kathy for 41 years**
- **Active participant in Tribe since first Regional council meeting**
- **Attended first Family Festival with my children and family**
- **Worked as volunteer for 5 weeks in Uganda, Africa last year providing vision care. and glasses.**
- **Student of Citizen Potawatomi Nation and**

Service in Uganda

With 40 years experience in the eye care, I propose diabetic screening for all CPN members and implementation of a eyeglasses purchase program that would provide additional services to District 8 members and reduce cost to the tribe and members.

I will create an advisory group from District 8 members to seek viable options to participate in the use of the resources of our tribe.

VOTE SLAVIN

For District 8 Representative

Home 360-574-5658 Cell 360-909-3776

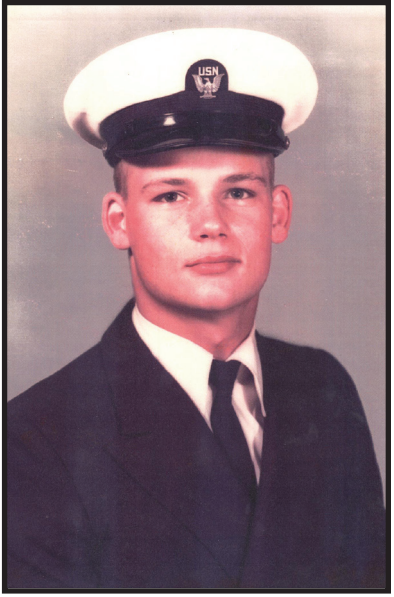
Walking On...



Bonnie Rae Farrell

Bonnie Rae Farrell, born July 15, 1935 passed away at her daughter's home in California. Bonnie resided in Arizona for the last 19 years. She leaves her daughter Rhonda and son in law Rick Meyer and three grandchildren, Ricky, Courtney and Kenny.

Bonnie loved to garden and took great pride in her yard and brought much joy to many with her uplifting spirit. She will be missed by all.



Phillip Foster Cline

Phillip Foster Cline, 57, born December 15, 1955 in Purcell, Oklahoma. He was the sixth son of Albert and Lavern (Trousdale) Cline.

He departed this life on December 12, 2013 at his rural home near Slaughterville, Okla.

Phillip attended school at Noble and was very active in sports,

being an avid wrestler for the Noble Bears. He placed second in the Oklahoma State Champion Wrestling tournament his senior year. Cline graduated high school and joined the U.S. Navy. He served four years in the Navy and received honorable discharge in 1977.

Phillip and Joetta Wilson were united in marriage on June 15, 1991 in Sweetwater, Texas. The couple lived there for two years then moved to Norman, Okla. For the past eight years the two lived at their farmhouse near Slaughterville.

Phillip was a grocery broker for over 35 years. The last five years Phil was a partner for ProMark Oklahoma. He loved his job calling grocery stores across the state. One of those grocery stores included FireLake Discount Foods.

He was a proud member of the Potawatomi tribe. He was always active and enjoyed fishing, hunting, and golfing with his friends. He enjoyed time on his tractor and working cattle on his farm. He most especially loved spending time with his family.

He was preceded in death by his parents and two brothers, Jimmy Lloyd and Freddie Eugene. Survivors include his wife Joetta and two sons, Zachery of the home and Quinton and Heather Cline of Kingfisher, Okla. Brothers Wyvern Cline of Norman, Mike Cline and wife Corinne of Little Axe, and Steve Cline and wife Janette of Norman, one sister, Linda (Cline) Palmer of Macomb. Also surviving Phillip are two grandsons, Kaden Scott Cline and Colten Michael Cline, mother-in-law Loretta Martin, sister-in-law Sharon Cline and numerous other relatives and friends.

Funeral service was Tuesday December 17, 2013. The funeral was directed by McMahan's Funeral Home in Noble, Okla. Pallbearers were Chris Palmer, Damon Palmer, Colter Cline, Brody Cline, Tom Collier, and John Starke.



Dorothy Lee Lessley

Dorothy Lee Lessley, 85, of Fresno, Calif. passed away peacefully and into the arms of her Savior on December 20, 2013.

Dorothy was born in Tecumseh, Okla. on July 27, 1928 to Dave and Thelma Helsel. She married the love of her life and her best friend, Cecil Lessley, on June 27, 1948. They were married for 46 years.

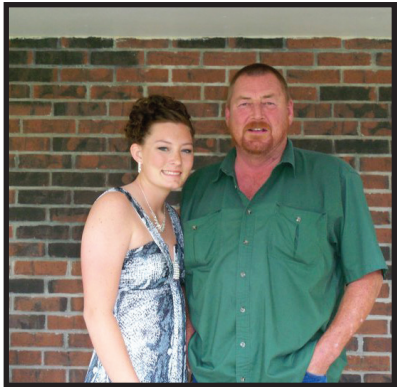
Dorothy is preceded in death by her husband, Cecil Lessley, a son, James Lee Brown, her mother, Thelma Blackwell, her father, Dave Helsel, and her brother, Don Blackwell.

Dorothy is survived by her daughters, Karen Hawk of Hanford, her husband John, Sharon Stull of Simi Valley, her husband Bill, a brother, Frank Blackwell of Louisiana, grandchildren, Matthew Kellams of Clovis, his wife Deon, Kane Hawk of Eureka, Steffani Hawk of Hanford, George Brown, Jr. of Oklahoma; and four great grandchildren, Matthew Brown of Oklahoma; Natasha, Connor and Aleesha Kellams of Clovis.

Dorothy was a loving wife and mother, devoting herself to her family. She possessed a strong faith and loved to read her Bible and pray for her family and friends. She had a wicked sense of humor and loved to tease people. She worked for a short time as a licensed practical nurse, and was a resident of Fresno for 41 years.

The family wishes to extend their

thanks and appreciation for the wonderful care and support given by the Bel Haven Care facility and the Hinds Hospice staff.



Steven Allen Cody

Steven Allen Cody, Hominy resident, passed away October 30, 2013 in New Lenox, Illinois at the age of 56 after a short illness.

Steve was born in Tulsa, Oklahoma on December 23, 1956 to parents Andrew J. and Mary Lou Cody. He grew up in Hominy, Okla. and graduated from Hominy High School in 1975. Shortly after graduation, he began a career in the pipeline business. Steve worked for several companies, including Rockford Corporation and Henkle & McCoy. He was affiliated with several unions over the years and traveled extensively throughout the United States.

One of Steve's greatest pleasures was spending time with his family; he treasured every moment with them. Steve was a master mechanic who loved tinkering with cars and anything mechanical. He took great pride in rebuilding things and making them run again. He truly had a special gift for figuring out how to create or fix most anything and he was very good at construction, as well. Steve was also a jokester and left us all with wonderful memories. Steve loved his family, his home, and his hometown. He was proud to be a Hominy Buck.

Steve is survived by his wife, Mary Edna of the home; mother Mary Lou Cody of Hominy, Okla.; daughters Amber Lea Cody and Sasha Dawn Stamper of Cleveland, Okla. and Shawna Lynn Cody of Hominy; step-

son David Thompson of Odenville, Alabama; brother Andrew Jackson Cody IV of Tulsa, Okla., sister Julia Anne Cody of Skiatook, Okla.; seven grandchildren Dayton, Daryn, Henley, Kennedy, Zach, Gunner and Fallon and numerous other relatives and friends. Steve was preceded in death by his infant daughter Amanda Jo Cody; his father Andrew Jackson Cody III; his grandparents Andrew Jackson Cody II and Evelyn (Bruno) Cody; and his great-grandparents John A. Bruno and Mary Ann (Vieux) Bruno.

A Rosary was held on Tuesday November 5, 2013 at 7:00pm at Chapman-Black Funeral Home in Cleveland, Okla. A funeral Mass was celebrated on November 6, 2013 at St. Joseph's Catholic Church in Hominy, Okla. Steve's ashes will be interred at Albert J. Powell Memorial Cemetery in Hominy at a later date.

BURIAL ASSISTANCE

If you have a loved one who has walked on, please update their information in Tribal Rolls. Also, you may be eligible for burial assistance. Please contact the Tribal Rolls Department at (800) 880-9880.

To submit an obituary, please send a word document and a 300 dpi photo to **HOWNIKAN@POTAWATOMI.ORG**

NOTICE TO ALL CITIZEN POTAWATOMI NATION ALLOTMENT INTEREST OWNERS

Citizen Potawatomi Nation is interested in speaking to anyone who owns interest in a CPN allotment and would consider selling it to the Tribe. CPN is interested in purchasing this land to further enhance tribal programs and aid in the expansion of the Citizen Potawatomi Nation. It will also help to promote self-governance and reduce or stop further fractionation in Indian trust and restricted land. Furthermore, it helps keep allotment land, and the interests therein, in the ownership of the Tribe on behalf of tribal members.

If you are willing to discuss this issue further, or if you have any questions, please contact **Robby Jack at (405) 395-0113**.

LOCK YOUR MEDS

Know what prescriptions your family is taking and count the pills regularly

Lock your medications in a secure cabinet or medicine safe to ensure access is controlled

Protect your family from the newest drug dealer... YOUR MEDICINE CABINET

POTTAWATOMIE ALLIANCE TOWARD COMMUNITY HEALTH

Call (405)275-3391

www.gatewaytoprevention.org

facebook

Message provided through the Strategic Prevention Framework State Incentive Grant (SPG-SIG) from ODMHSAS.

FIRELAKE DESIGNS MOVES TO NEW LOCATION

If you haven't heard the good news yet, we are adding a second location across the road from BDC Gunroom at **1109 S. Gordon Cooper Drive**. We will be happily opening our doors on **February 14th**. Come by our new location and see all our new and exciting designs!

We are offering apparel with our Nation's seal along with many more fun designs with some of our floral patterns. FireLake Designs still offers our already fabulous **banners, signs, decals, embroidery, screen print and direct print** at our low rates along with all our friendly staff and smiling faces. Join us in February, we will make your event memorable with our custom designs.

Like us on Facebook <https://www.facebook.com/pages/FireLake-Designs/> and we'll keep you updated! See you at Festival!

Hownikan

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